



Self-Care Planning

Why plan?

Taking care of ourselves on a regular basis can prevent stress from building up, and help us to manage challenges as they arise. It's much easier to use familiar self-care strategies that are already part of our routine, rather than to try and start something new when we are already feeling overwhelmed. There are different aspects of ourselves and our daily lives that we need to look after.

Self-Care Domain Examples

<p>Physical</p> <ul style="list-style-type: none"> Go for a walk/run/swim Get enough sleep (8-10 hours per night for teens) Eat healthy food Don't skip meals Go to the gym Wash hair/groom 	<p>Psychological</p> <ul style="list-style-type: none"> Mindfulness Positive self-talk Speak with a mentor or counsellor Read a book Limit your screen-time Meditation 	<p>Emotional</p> <ul style="list-style-type: none"> Reflect on your feelings Name your feelings Practise self-compassion Set boundaries Write in your journal Talk about your worries Listen to or play music
<p>Social/Relationships</p> <ul style="list-style-type: none"> Spend time with friends Spend time with family Talk honestly with a trusted person Attend social activities Spend time with your pets Play a team sport 	<p>Professional/school</p> <ul style="list-style-type: none"> Take a proper lunch break Use your diary Write to do lists Ask for help when you need it Take sick days when needed Say 'no' Allocate time for homework 	<p>Environmental</p> <ul style="list-style-type: none"> Make your bed Clean your desk Spend time outside Tidy your room Listen to relaxing music Light a scented candle Turn off social media
<p>Spiritual</p> <ul style="list-style-type: none"> Meditation Spend time in nature Pray Cultural rituals/activities Reflect on your purpose Read about spirituality Go to a religious service 	<p>Recreational</p> <ul style="list-style-type: none"> Do things you love: Paint/draw/take photos/create Play or write music Kick the footy/shoot hoops Cook or bake Take the dog to the park Go to the beach 	<p>Have a back-up plan!</p> <p>When you are too stressed or busy to follow your plan try to do something smaller rather than to miss it completely ie. Can't go for a hike? Go for a quick walk!</p>

How does this help my relationships?

We need to look after ourselves so we can be our best selves for others. Our relationships should add to our happiness, but being happy is our own responsibility. Managing our stress also helps us to calmly resolve any conflict we are having in our relationships.