






SELF-CARE PLAN

TAKE A MOMENT TO CONSIDER WHAT YOU VALUE AND NEED IN YOUR EVERYDAY LIFE (DAILY SELF-CARE NEEDS) VERSUS WHAT YOU VALUE AND NEED IN THE EVENT OF A CRISIS (EMERGENCY SELF-CARE NEEDS). REMEMBER THAT SELF-CARE EXTENDS FAR BEYOND YOUR BASIC PHYSICAL NEEDS: CONSIDER YOUR PSYCHOLOGICAL, EMOTIONAL, SPIRITUAL, SOCIAL, FINANCIAL, AND WORKPLACE WELL-BEING.

<p>PHYSICAL</p> 	<ul style="list-style-type: none"> -20–30 minute “movement without metrics” walk (no tracking pace, steps, or heart rate) or gentle yoga or mobility flow focused on shoulders/neck (tension release) -Scheduled “sleep rule” (no screens after 9pm) -Wind-down ritual (dim lights, Ocean sounds, same time nightly) -Weighted or heated blanket for parasympathetic activation -Gym/yoga day where success = showing up for 30 minutes (not completing workout) -Morning sunlight exposure without multitasking
<p>EMOTIONAL PSYCHOLOGICAL</p> 	<p>Daily mood check-in (rate 1–10)</p> <ul style="list-style-type: none"> -Name the emotion out loud (“This is anxiety.”) -Track emotional triggers, Journal without censoring (or creative writing) -Self-compassion reframes, “What would I say to a friend?” -End day with one self-affirming sentence “I am doing the best I can in a very demanding season, and that is enough.” -Challenge one distorted thought daily “If I don’t handle everything, things will fall apart.” <p>Distortion: Over-responsibility / control fallacy (All-or-nothing thinking + worth tied to productivity)</p> <p>-Energy audit: What drains me? What fills me?</p>
<p>SOCIAL</p> 	<ul style="list-style-type: none"> -One low-pressure coffee or walk with a trusted friend -Attend an event as participant, not organizer -Practice receiving help without reciprocating immediately -Share one honest emotional sentence instead of “I’m fine” with a trusted friend. -Join extracurricular interest activities (Book clubs, Leadership or women’s empowerment groups) for enjoyment, not mastery -Practice saying, “I don’t have the capacity for that this week.”
<p>SPIRITUAL</p> 	<ul style="list-style-type: none"> -Reflect weekly: “What mattered to me this week?” “Who am I if I’m not achieving?” -Clarify top 3 core values and revisit weekly -Identify one value-aligned action per week -Create a “future self” vision statement -Gratitude list -Prayer or meditation -Watching or attending church or faith-based services -Create a “Season of Restoration” theme for any future vacations
<p>PROFESSIONAL</p> 	<ul style="list-style-type: none"> -Take short movement breaks during the workday -Practice delegating a small task (even in personal life) -Setting limits on additional responsibilities when already overwhelmed -Rehearse saying: “I’ll get back to you.” -Prioritizing tasks rather than trying to do everything at once -Identify early burnout warning signs -Career exploration and/or development