

# “Healthier Self” Care Plan

Month of \_\_\_\_\_

**Instructions:** The intent of creating this plan is to spark ideas to take good care of yourself and to identify steps to put your ideas into action. Use the plan as a guide. Consider reviewing/updating it each month. Be specific in listing each activity you want to do, when or how often you will do it, and the preparation steps it will require. For example: “Walk one mile a day – five mornings a week – determine route, need good shoes, walking stick.”

| <u>Activity</u>   | <u>When/How Often</u> | <u>Steps Needed</u> |
|---|-----------------------|---------------------|
| <b>Physical</b> (hygiene, exercise, nutrition, sleep, health care, stress reduction, etc.)                          |                       |                     |
| 1.  |                       |                     |
| 2.  |                       |                     |
| 3.  |                       |                     |
| 4.  |                       |                     |
| <b>Intellectual</b> (take a class, read newspaper, literature, write, learn a hobby, visit museums, exhibits, etc.) |                       |                     |
| 1.  |                       |                     |
| 2.  |                       |                     |
| 3.  |                       |                     |
| 4.  |                       |                     |
| <b>Spiritual</b> (meditate, pray, enjoy nature, journal, sing, religious participation, etc.)                       |                       |                     |
| 1.  |                       |                     |
| 2.  |                       |                     |
| 3.  |                       |                     |
| 4.  |                       |                     |
| <b>Social</b> (coffee with a friend, recreational events, join a club/organization, etc.)                           |                       |                     |
| 1.  |                       |                     |
| 2.  |                       |                     |
| 3.  |                       |                     |
| 4.  |                       |                     |