

DEVELOPING A SELF CARE PLAN

Develop a Self-Care Plan

1. List the self-care habits you are using now to manage stress and stay healthy:

(I get at least 8 hours of sleep at night)

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2. List the self-care habits you would like to use but are not currently practicing:

(Practicing yoga regularly)

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3. Identify the obstacles keeping you from practicing these habits:

(I don't practice yoga regularly because I don't have the time to)

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4. What solutions can you come up with to address the obstacles you listed:

(I could free up time for myself by watching less TV or waking up earlier)

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5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to...

I want to do this because...

I will accomplish this by...