

Daily Self-Care

Area of Self-Care	Current Practices	Practices to Try
<p>Physical (e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.)</p>		
<p>Emotional (e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)</p>		
<p>Reflective Practices (e.g. read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections, etc.)</p>		
<p>Professional (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.)</p>		
<p>Social (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.)</p>		
<p>Financial (e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt as able, etc.)</p>		
<p>Psychological (e.g. take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, etc.)</p>		

Self-Care Plan

My Daily Self-Care Plan					
Body	Mind	Emotions	Spirit	Relationships	Work
My Top Three Positive Coping Strategies					
1)					
2)					
3)					
In the Moment Self-Care Plan					
Helpful (To Do)			Harmful (To Avoid)		