



Immigrant and Refugee Mental Health Project

When you address your own needs, you are healthier and are better able to deal with stressors. Review the following example of a self-care plan, and think about how you can take care of your needs.

Self-care plan

Physical health	Emotional health
<ul style="list-style-type: none">Take the stairs instead of escalators and elevatorsMeal plan, and shop for healthy foodsExercise (walks, gym)	<ul style="list-style-type: none">Write in my journalTalk to a friendMeet up with cousin or family memberGo for a massageListen to music
Spiritual life	Work life
<ul style="list-style-type: none">Go for spiritual talksMeditateReturn to daily meditation readings	<ul style="list-style-type: none">Take my full lunch hourTake my breaksDebrief with colleague when things are tenseGo for a walk in the middle of the day for fresh air
Social life	Other
<ul style="list-style-type: none">Go out with my partner once a weekSee my friends regularlyAttend a festival, neighbourhood event, outdoor market	<ul style="list-style-type: none">Increase awareness of nature (e.g., birds and flowers during day, stars, and solitude at night)Pamper myself

Adapted from: O'Grady, C.P. & Skinner, W.J.W. (2007). A Family Guide to Concurrent Disorders. Toronto: Centre for Addiction and Mental Health