



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 elevators• Meal plan, and shop for healthy foods• Exercise (walks, gym)	<ul style="list-style-type: none">• Write in my journal• Talk to a friend• Meet up with cousin or family member• Go for a massage• Listen to music
Spiritual life	Work life
<ul style="list-style-type: none">• Go for spiritual talks• Meditate• Return to daily meditation readings	<ul style="list-style-type: none">• Take my full lunch hour• Take my breaks• Debrief with colleague when things are tense• Go 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 week• See my friends regularly• Attend 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