

# Self-care plan

Think about how you can take care of your needs. See the following example of a self-care plan:

| Biopsychosocial-Spiritual Self-Care Plan   |   |
|--|---|
| PHYSICAL HEALTH  | EMOTIONAL HEALTH  |
| <ul style="list-style-type: none"> <li>• start daily walks again</li> <li>• return to exercise classes (30 minutes low impact at first; when ready, 45 minutes of high impact &amp; weights)</li> <li>• park my car further away from entrances and walk the remaining distance</li> <li>• use stairs instead of escalators</li> <li>• start shopping for healthy foods that I enjoy and return to healthy eating habits.</li> </ul> | <ul style="list-style-type: none"> <li>• attend family support groups with my husband to help us cope with Kevin's illness</li> <li>• resume my gardening</li> <li>• set limits with Kevin (e.g., practise saying no, allow him to make mistakes)</li> <li>• talk to my husband about stresses instead of having a drink after work</li> <li>• continue attending Al-Anon and MDAO family meetings</li> <li>• set aside daily quiet time to read,</li> <li>• garden or write in my journal.</li> <li>• go out for dinner with husband at least once per week</li> </ul> |
| SOCIAL LIFE  | SPIRITUAL LIFE  |
| <ul style="list-style-type: none"> <li>• resume Friday "euchre nights" with our closest friends, Martha &amp; Harry</li> <li>• go out with my best friend, Sue, at least once per week (shopping/lunch)</li> <li>• resume "family weekend outings" on Sundays.</li> </ul>  | <ul style="list-style-type: none"> <li>• take classes on how to meditate</li> <li>• increase awareness of nature (e.g., birds &amp; flowers during day, stars &amp; solitude at night)</li> <li>• return to my readings on Buddhism &amp; serenity</li> <li>• do my yoga sessions every morning when things are quieter around the house</li> <li>• return to my daily meditation readings.</li> </ul>  |