



Now write down your ideas so you can take care of your needs.

Biopsychosocial-Spiritual Self-Care Plan	
PHYSICAL HEALTH	EMOTIONAL HEALTH
SOCIAL LIFE	SPIRITUAL LIFE

If one of the areas in your self-care plan looks sparse or empty, you may want to think about whether this is a component of your life that you should work toward expanding. For example, if you have always been an energetic and active person, and you are too busy to exercise and that you feel down and tired all the time, this is an excellent area to begin working on your own health and well-being.

