**MY SELF-CARE PLAN**

What am I currently doing in each of these areas?

What new practices would I like to try?

**What challenges do am I facing or preparing for?**

**Attitudes that set the stage** for self-care, include:

* my well-being is important. It’s okay to take time for myself.
* it’s not all up to me. There are people who can support me.
* it’s okay to ask for help – emotional support & practical help.
* I can pace myself & take time off. I don’t have to do everything right now.
* I will focus my energies. What’s the next step?
* I don’t have to know everything. Who can help me figure it out?

**What helpful attitudes can I bring? Which of those attitudes do I already have? Which ones do I want to develop? How can I remind myself of helpful attitudes?**

**skills I can learn** to help me build resilience and be kind to myself, include:

* journaling to become aware of my thoughts and feelings.
* positive self talk to increase my self compassion.
* **.**Mindfulness/meditation to train my mind and focus on the present moment.

**Which of those skills do I already have? Which ones do I want to develop? What resources can help me?**

**How can I take care of myself physically?:** sleep, exercise, eating, breath, etc.

**How can I take care of myself psychologically and spiritually?**

relaxation, hobbies, personal development, prayers, readings, community etc.

**Other areas:**

what’s important to me but hasn’t been covered above?

**What might I need help with? Who/how can I ask for help?**

**What negative coping mechanisms do I want to avoid?**

Examples: substance abuse, unhealthy habits, isolating

**Potential barriers to my plan:**

**What positive strategies can I put in place?**

**THANK YOU for your self-compassion.**

This document is inspired by Amnesty international Australia’s [Guide to Sustainable Activism and Self-Care.](https://www.amnesty.org.au/wp-content/uploads/2020/02/207-sustainable-activism-self-care.pdf)

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