Develop a self-care plan

Self-care involves actions that help maintain or boost your physical and mental health.

Take a moment to refine your own self-care plan. Write down what you're already doing and what you may want to start doing. When making self-care goals, be as specific as you can.

What you're already doing and what you may want to start doing	**Psychological:** *Example: Read one chapter of a book each night before bed.* **Physical:** *Example: Go for a 15-minute walk outside each day on my lunch break.* **Emotional:** *Example: Write 3 things I'm grateful for each day.* **Spiritual:** *Example: Engage in a guided meditation before my daily morning coffee.* **Relational:** *Example: Share a meal with a friend at least once a week.* **Professional:** *Example: Take at least 2 mindful breaks throughout the workday (to stretch, go outside, etc).*
Challenges or obstacles do you encounter to practicing self-care	*Example: feeling pressed for time or guilty/selfish.*
Ways you can overcome these barriers	*Example: Schedule short, non-negotiable self-care breaks.*

Remember self-care is essential.

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