

Creating a Self-Care Plan

Review the "Examining Strategies for Stress Relief" handout that you just completed. That form identified the unhelpful and helpful strategies for stress relief that you are currently doing. For each area of your life below, list those activities that you do regularly (every day or every week) under "current practice." Then identify new strategies that you would like to begin to use as part of a plan to reduce stress and/or improve self-care. New strategies may involve adding in helpful behaviors or cutting out unhelpful behaviors. Pay particular attention to areas that you have not been addressing in the past.

<p style="text-align: center;"><u>Mind</u></p> <p>Current Practice:</p> <p>New Practice:</p>	<p style="text-align: center;"><u>Body</u></p> <p>Current Practice:</p> <p>New Practice:</p>
<p style="text-align: center;"><u>Relationships</u></p> <p>Current Practice:</p> <p>New Practice:</p>	<p style="text-align: center;"><u>Work/School</u></p> <p>Current Practice:</p> <p>New Practice:</p>
<p style="text-align: center;"><u>Other:</u> _____</p> <p>Current Practice:</p> <p>New Practice:</p>	<p style="text-align: center;"><u>Other:</u> _____</p> <p>Current Practice:</p> <p>New Practice:</p>