# My self-care plan

What you will do to look after your body, your mind and your relationships.

Name _____ Date _____

Self-care is the ordinary upkeep that keeps you well: sleep, food, movement, rest, people and things that matter to you. It is the first thing to go when life gets busy, and that is when you need it most.

### Body

Sleep, food, movement, medical care

### Mind

Rest, breaks, things I enjoy, time offline

### People

Who I spend time with, asking for help

### Meaning

What matters to me, what I look forward to

### Every day I will...

### Every week I will...

### Signs that I am neglecting myself

### What gets in the way, and how I will handle it

### A reminder to myself about why this matters

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