



PLAN:

Creating a self-care plan

Taking care of yourself helps you take better care of your children. Making time for yourself can be difficult, but it is an investment in your wellbeing. You are serving as a great role model for your children! Encourage them to learn about the things that help them feel well, too. Once you've identified your positive care strategies (try using the Developing Positive Self Care Strategies activity), use the grid below to create a personalized self-care plan to remind you of what strategies are useful and how to make them happen. Keep this plan where it's easy to find and look at it, especially when you are anxious or stressed. Share it with family and friends. They can help you remember to take good care of yourself.

Self-Care Strategy	How does this make me feel?	How often do I do this?	What keeps me from doing it more often?	How can I do this more often?
<i>Example: exercise</i>	<i>Energized, good about my body, healthy</i>	<i>Once a week</i>	<i>No childcare</i>	<i>Leave the kids with their grandmother</i>

Self-Care Strategy	How does this make me feel?	How often do I do this?	What keeps me from doing it more often?	How can I do this more often?