

Self-care

Activity 5-4: Self-care plan

Think about how you can take care of your needs. See the following example of a self-care plan:

BIOPSYCHOSOCIAL-SPIRITUAL SELF-CARE PLAN	
Physical health	Emotional health
<ul style="list-style-type: none"> • start daily walks again • return to exercise classes (30 minutes low impact at first; when ready, 45 minutes of high impact & weights) • park my car further away from entrances and walk the remaining distance • use stairs instead of escalators • start shopping for healthy foods that I enjoy and return to healthy eating habits. 	<ul style="list-style-type: none"> • attend family support groups with my husband to help us cope with Kevin's illness • resume my gardening • set limits with Kevin (e.g., practise saying no, allow him to make mistakes) • talk to my husband about stresses instead of having a drink after work • continue attending Al-Anon and MDAO family meetings • set aside daily quiet time to read, garden or write in my journal.
Social life	Spiritual life
<ul style="list-style-type: none"> • go out for dinner with husband at least once per week • resume Friday "euchre nights" with our closest friends, Martha & Harry • go out with my best friend, Sue, at least once per week (shopping/lunch) • resume "family weekend outings" on Sundays. 	<ul style="list-style-type: none"> • take classes on how to meditate • increase awareness of nature (e.g., birds & flowers during day, stars & solitude at night) • return to my readings on Buddhism & serenity • do my yoga sessions every morning when things are quieter around the house • return to my daily meditation readings.