



## Self-Care Plan

What things help me feel better when I am stressed? (Immediate & Long Term)

Who can I contact for support or distraction?

What are positive things I can say to myself?

Who and what can I avoid when stressed?

# Give 1/ Get 8 Self Care Activities

Activity courtesy of Chicago Public Schools

1. Answer one of the questions in the grid below.
2. Mingle with others to share your activity and hear about theirs. Write their ideas into your grid.
3. Circle your favorite ideas and plan to incorporate them into your week!

How do you make time for exercise, and what kind of exercise do you like to do?	What do you do during the week to nurture your spiritual health?	How do you carve out "me time" during the work day, and what do you do?
How do you unwind and recharge after work?	How do you care for yourself when you have had an upsetting or stressful day?	What strategies do you use to eat healthy?
What morning routine helps you prepare emotionally for the day?	What do you do with your friends or family that re-energizes you?	Other: What's your favorite self-care activity that doesn't fit into any of these boxes?

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## Ideas for Self-Care

### 30-60 seconds fill ups:

*These are great to use preventatively to avoid a meltdown.*

- **Pause** – Just stop what you are doing. Stop moving, stop talking. Stop. Just stop.
- **Check in** - Notice and name sensations you are feeling in your body, i.e. “My neck is tight, my shoulders are hunched, my stomach is in knots....”
- **Admit** – Say out loud how you are feeling “I’m scared and I’m about to lose it!” “I’m feeling angry and I’m about to blow my stack!”
- **Breathe** – Breathe in slowly for a count of four to eight and out for a count of four to eight. Do this at least four times.
- **Make space** – Pull your attention back and notice all the space around you.
- **Drink water** – Stand up and drink a full glass of water slowly.
- **Look around** – Say out loud ten objects you see around you, i.e. “green paint, yellow bowl, red rug, colorful painting...”
- **Outside** – Walk outside for a minute and breathe in the fresh air.
- **Make contact** – If another adult is around make eye contact or ask for a hug. If you are only with your children or alone, look in the mirror and tell yourself you are safe and loved.
- **Big Hug** – Eye to eye, skin to skin, heart to heart. Hang on until one of you breathes a big sigh of relief.
- **Set an intention** – “I choose to feel (spacious, calm, easy, loving, playful...)”

## Ideas for Self-Care

**10-30 minutes fill ups:** *These are some suggestions for when you are feeling crispy or on the edge of flipping your lid.*

- **Get Wet** – Take a hot shower or bath.
- **Call a friend** – Talk to an adult who can empathize and reflect with you and how you are feeling.
- **Make tea** – Make a cup of tea and sip it slowly.
- **Move** – Take a walk, do some yoga poses, do jumping jacks, run up and down the stairs...
- **Eat** – Make a healthy and yummy snack and savor it.
- **Music** – Put on your favorite music. If you feel inspired, dance!
- **Pray/Meditate** – Close your eyes, get still and connect with your inner being.
- **Add your own...**

**60 minutes or more:** *These are some ideas for when you have time to maximize your fill up and/or you've been through a very emotionally and physically draining time.*

- **Date** – With your mate or with friends. Get out and have some adult time with people you love!
- **Exercise** – Walk around the lake, take a yoga class, play tennis with a friend. Whatever brings you joy and gets you moving for at least an hour.
- **Movie** – Go to a movie and get lost in a dark theatre and a great story.
- **Nap** – Sleep whenever you can.
- **Music** – Go to a concert.
- **Dance** – Go dancing.
- **Add your own...**



- **Add your own...**

Adapted from: [www.carriecontey.com](http://www.carriecontey.com)