

Creating a Self-Care Plan

To feel your best, it is important to take care of yourself. Take some time to reflect on your personal goals and any activities that bring you joy. Grab a notebook, or open a blank document on your computer or phone, and start jotting down ideas.

Use a Planner or Calendar

Knowing exactly what your obligations are each day can help you avoid missing events and deadlines. Try searching online or on your phone app store for a physical or digital planner that fits your needs.

Learn Something New

Try learning a new skill, such as woodworking, cooking or painting. Schedule an hour each week for an activity that you genuinely enjoy.

Create a Budget

Even if you are not living paycheck to paycheck, creating a budget can be highly beneficial. Set aside a small amount each month to put into a savings account or pay off your loans. The best way to create a budget is to track your monthly expenses and subtract them from your monthly income. If you do not have money left over, determine where you can cut back on expenses, and then look for discounts and assistance if necessary.

Focus on Your Physical Health

Take a walk, a power nap or a long shower. Try making a meal with fresh produce at least one day a week. Schedule a doctor's appointment for a yearly check-up. Take a moment and check in with your body to determine how to best care for it.

Listen

Discover some new music or a new podcast on the internet. If you are in a busy place, try listening to the people, traffic or wildlife around you. Frequently focusing on listening to others can broaden your perspective and open your mind to new ideas.

Journal

A journal is a place where you can learn to express your thoughts openly without review or criticism. Make up a story or write a poem if you are feeling creative. If you are angry, proud or sad, write about why. Use your journal as a private space for self-analysis and revisit it regularly to update your self-care plan.



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