

# Self-Care Examples

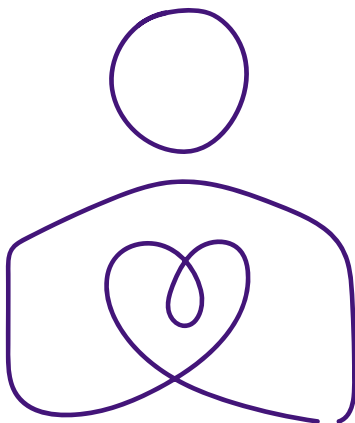
These examples may help you in assessing your self-care and making a self-care plan. This list is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

## Physical Self-Care

- Eating healthy foods
- Taking care of personal hygiene
- Exercising
- Getting enough sleep
- Going to preventative medical appointments

## Emotional Self-Care

- Participating in hobbies
- Expressing my feelings in a healthy way
- Recognizing my own strengths and achievements
- Finding reasons to laugh



## Social Self-Care

- Spending time with people I like
- Calling/texting friends and family who live far away
- Asking others for help when needed
- Meeting new people

## Spiritual Self-Care

- Spending time in nature
- Meditating or praying
- Setting time aside for thought or reflection
- Participating in a cause that's important to me

## Professional/Academic Self-Care

- Saying 'no' to excessive new responsibilities
- Making time to talk to peers/professors/colleagues
- Taking breaks during work/study
- Maintaining balance between my professional/academic and personal life

# Self-Care Assessment

Reflect on how your self-care is currently in the following areas. Are you doing well? Is there room for improvement?

**Physical Self-Care**

**Social Self-Care**

**Emotional Self-Care**

**Spiritual Self-Care**

**Professional/Academic Self-Care**

# Self-Care Plan

Why is self-care important to me?

Supportive people to talk to

My favorite coping skills

Goals for my mind

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- 
- 
- 

Goals for my body

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- 
- 
- 

Ways to release my emotions  
in a positive way

Good habits I want to live by