# My Self-Care Plan

**What are**

**my**

**warning signs**

**that my stress is becoming too high?**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **EMOTIONS**  **How do I look after these?**        **Changes I’d like to make?** |  | | **BODY**  **How do I look after my body?**        **Changes I’d like to make?** |  | | **MIND**  **How do I manage my thoughts?**          **Changes I’d like to make?** | |
| |  | | --- | | **RELATIONSHIPS**  **How do I keep my relationships healthy?**          **Changes I’d like to make?** | | | | |  | | --- | | **SPIRIT**  **How do I care for my spirit?**          **Changes I’d like to make?** | | | | |  | | --- | | **WELL-BEING AT WORK**  **How do I look after myself at work?**          **Changes I’d like to make?** | | |

**My self-care is important to me because…**

**What do I find hardest about self-care? *(thoughts, attitudes, expectations, beliefs, habits)***

**How could I do things differently, so self-care is a priority?**

**How do I usually manage my stress levels?**

**What other strategies could I try?**

**Who is in my support circle of colleagues, friends, family and support professionals?**

**Am I willing to ask for support and help if I need it? If not, why not?**

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