

## CREATING A SELF-CARE PLAN

### Day 3: Recognize Your Self-care Needs and Activities

Once you have found the positive and negative ways you currently cope, think about what you do daily to look after your physical, mental, emotional, spiritual, social and professional needs - and write these down. When you see what you are doing and not doing to meet these daily needs, it can help you analyze and focus on the positive activities you need to do to meet these needs. Here are some examples to get you started.

Self-care needs	What you are doing now	What you will try
Physical (nutrition, good sleep)		
Mental (disconnect from devices, journal, pursue interests, counselling)		
Emotional (recognize accomplishments, positive emotions)		
Spiritual (practice gratitude, self-reflection, time in nature, meditation)		
Social (healthy relationships, make time for family/friends, support one another)		
Professional (find meaning in work, work-life balance, time management)		