

# CREATING A SELF-CARE PLAN

## Day 2: Assess Your Current Coping Skills

Looking at current habits and coping strategies is an important first step in creating your self-care plan. What strategies are you using to help you deal with life's challenges? Are they long-term or short-term activities? How are they working?

Write down all of the positive and negative ways you cope with life's challenges. This helps you find activities that work and harmful habits that impact your health. Here are some examples.

Positive	Negative
Walking, running, or any type of exercise Deep breathing Preparing a nutritious meal Stretching Meditation Listening to music Reading Socializing with friends Enjoying the outdoor Good sleep hygiene	Extended periods of sedentary activities (i.e. sitting, lying around, etc.) Overeating Skipping meals Excessive screen time Yelling, screaming and angry outbursts Isolation Excessive alcohol and drug use Smoking and vaping Staying up late