



**Develop a Self Care Plan  
For Your  
Physical, Emotional,  
Mental and Spiritual Health**

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## Overview

Self-care is the habit of stepping back from the cares of this world and pouring into 4 very important areas of our lives: our physical, emotional, mental and spiritual health. Any activity, project or action that brings you joy, provides health to your body, heals your mind or has a rejuvenating effect on your spirit has the potential to be self-care.

## Goals for this handout

1. Create a list of self-care activities, projects, or actions under each of the four categories.
2. Add items from the list you created to your calendar or day planner. Make sure to include activities from each of the four self-care categories!

***FYI-The links in this post are affiliate links and if you go through them to make a purchase I will earn a small commission.***



## **Suggestions for your self-care plan**

### **Physical Self Care:**

- Take the family or a friend to a museum, the zoo, or the aquarium,
- Take a walk,
- Work in your garden or a community garden
- Take the dogs to the dog park
- Have a spa day; get a massage or a mani-pedi,
- Bake a cake, cupcakes, or make some cookies,
- Create a special meal for your family complete with your best place settings,
- Go on a picnic
- Go out to eat at your favorite restaurant,
- Get a haircut or try the latest trending hair color,
- Invest in a good skin care regimen.
- Buy a diffuser and essential oils for your home and office.



## Emotional Self-Care

- Get enough sleep in order to be able to better control your emotions;
- Take a nap before you get overly tired.
- Be aware of your thoughts. Replace negative thinking with positive thoughts before you start going down into the dark hole of negativity.
- Start a gratitude journal.
- Watch an uplifting or funny movie.
- Take a few deep breaths.
- Practice saying no when you really do not have the time or energy to help.
- Learn to set boundaries at home and at work.
- Phone a friend.



## Mental Self-Care

- Read a book a week.
- Learn something new every day.
- Enroll in a class online or in person.
- Subscribe to Lynda.com or enroll in a class on Udemy.
- Teach an online class.
- Teach a Sunday school class at church or at your local Community College.
- Be a mentor to a person younger than you or to a child in your son or daughter's classroom.
- Complete a daily Sudoku or crossword puzzle.
- Subscribe to podcasts that offer value to your well being.



## Spiritual Self-Care

- Create a list of your favorite uplifting scriptures and say them out loud to yourself each morning and/or evening.
- Add a daily Bible reading plan to your morning routine.
- Have a daily prayer time.
- Interact with people who feed your heart and your spirit.
- Attend faith-based services regularly.
- Participate in a Bible Study group online.
- Listen to online sermons on your daily commute to and from work.
- Add the YouVersion app to your phone and enroll in a few plans relevant to what you are needing right now.



## The Proposal

Take the time this week to go through all of the self-care suggestions listed here. Next get a notebook and write down all of the strategies, activities and exercises you can think of that you believe will work for you. Take out your calendar or day planner and schedule in your self-care activities. You'll discover it's not as difficult as it sounds.

Get creative! Take care of yourself physically by taking a walk with the kids each evening. Set aside funds in your budget to eat at your favorite restaurant once a month or if cooking is rejuvenating to you, cook a big meal over the weekend and invite friends and family to join you.

When you need emotional self-care, take the time to go to coffee or breakfast with someone you love. Really take the time to engage in the conversation and be mindful of what is being said. Try not to be in a hurry if at all possible. The hours and the days we spend with the people we love are fleeting and come to an end way too quickly.

To feed your mind, read a book or write in a journal instead of surfing the internet or social media right before you go to bed each night. When you are on the internet, try to learn something new. Feed your mind with things that are uplifting as well as educational.

For spiritual self-care, have Alexa or Google home read you a devotion as soon as you wake up in the morning. Or download the YouVersion app on your phone, select a Bible reading plan and then as you're getting ready for work each day, have YouVersion read to you from your daily Bible reading plan. All of the little things that seem relatively insignificant that you do to take care of yourself will add up in a good way over time.

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## Weekly Check-Ins

### I. Check in with yourself weekly

Take time on Friday at the end of the work week or Sunday night before going back to work to reflect on your self-care plan. Did you make time for yourself this week? Did you spend time feeding your body, mind, spirit and emotions so that you are able to be a blessing to someone else?

### II. Check in with a friend or a group of friends

Recruit a friend, a group of friends or your spouse to participate in a month long self-care plan. Get together for coffee weekly to discuss everyone's progress, or even better, participate in self-care activities together.

Group activities could include getting together for a morning walk, going to get massages and pedicures together. taking a trip to a nearby city or state over a long weekend. The sky's the limit. Make it a habit to support each other, especially during times of stress.



