



## Self Care Planning Guide

Self Care is about actively looking after your mental health and wellbeing. Practicing self-care allows you to effectively support the young people you work with.

Often, the term self-care can elicit negative emotions as we already feel like we do not have time to do all the things we "need" to do.

We encourage you to use this planning guide as a "what can I do" tool rather than a "must do".

For more information on teen depression,  
check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)



**Erika's Lighthouse**

# Self Care Plan

<p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Get 7-8 hours of sleep</li> <li>• Go for a walk at lunch</li> <li>• Pack a healthy lunch</li> <li>• Get some exercise before or after work</li> <li>• Take a lunch break</li> <li>• Use your sick leave</li> <li>• Take a brain break</li> <li>• Take a walk with your dog after work</li> </ul>	<p><b>Psychological</b></p> <ul style="list-style-type: none"> <li>• Schedule reflective supervision with a colleague</li> <li>• Keep a journal</li> <li>• Engage in a hobby</li> <li>• Mediate 1 to 5 minutes/day</li> <li>• Increase time spent with family and/or friends</li> </ul>	<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Write three good things you did each day</li> <li>• Engage with friends that are supportive</li> <li>• Grab coffee with a friend</li> <li>• Do something you enjoy monthly (shopping, movies, etc)</li> <li>• Laugh</li> </ul>
<p><b>Spiritual</b></p> <ul style="list-style-type: none"> <li>• Reflect</li> <li>• Mediate</li> <li>• Find a cause that you believe in</li> <li>• Yoga</li> <li>• Spend time in nature</li> </ul>	<p><b>Relationship</b></p> <ul style="list-style-type: none"> <li>• Scheduled dates with partner</li> <li>• Scheduled activities with your kids</li> <li>• Plan to spend time with friends</li> <li>• Spend time with animals</li> <li>• Connect with an old friend</li> </ul>	<p><b>Workplace</b></p> <ul style="list-style-type: none"> <li>• Reflective Supervision with a colleague</li> <li>• Develop and maintain boundaries</li> <li>• Read professional journals</li> <li>• Attend professional development workshops</li> </ul>

Choose one to two items from each category above.  
 Feel free to add your own ideas too!

## Things to Think About

What can I do to make this successful?

Am I setting realistic goals?

How will I feel if I am able to succeed?