

# Self-Care Plan

## What and why is Self-Care so important?

Self-Care is different for everyone. It's about looking after ourselves so we can manage stress and triggers when they come up.

It can include various things which help us build our emotional strength. It will also help us deal with trauma from our past.



## Think about these types of self-care

Cultural: Connecting with mob, being part of Ceremony.

Spiritual: Meditate, prayer or be in nature.

Psychological: Writing, don't be hard on yourself, keep trying and be positive.

Physical: Eat healthy meals, go for a walk or do exercise.

Professional: Take a walk during the day, say no when you need to.

Emotional: Your feelings are OK, be nice to yourself, be with people that show you care and safety.

On the next page you will find these key areas split up into a sectioned circle.

Complete your Self-Care Web under each section:

Outside ring: What are the things that I regularly do that are good for me?

Middle ring: What are the things that are good for me that I want to do more often?

Inside ring: What are the things that would be good for me that I want to start doing?

Are you more active in some areas of self-care but could improve in others?

