

# Self-Care

How to Develop a Plan that Works for You

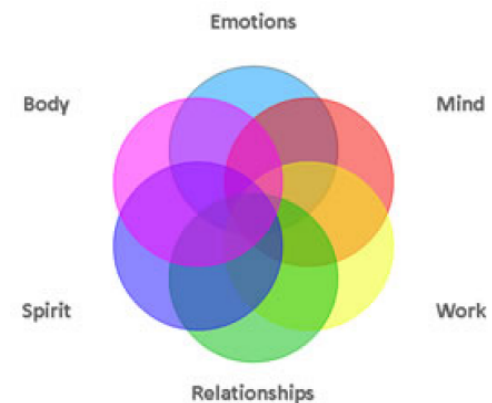
Melina Charis – Kortschak Center for Learning and Creativity

## Learning Outcomes

- Students will be able to define self-care and understand why it's important in maintaining personal health
- Students will be able to list the 5 aspects of self-care and develop a self-care plan that addresses each of these aspects

# What is self-care?

- **Self-care** is personal –everyone’s approach will be different. Self-care is ultimately what you do to look after your holistic wellbeing so that you can meet your personal, academic, and professional commitments.
- There are 5 aspects of self-care:
  - Workplace or Academic
  - Physical
  - Emotional
  - Spiritual
  - Social



Developing a self-care plan. (2015, March 20). Retrieved February 27, 2017, from ReachOut Professionals, <http://au.professionals.reachout.com/developing-a-self-care-plan>

Teater, M., & Ludgate, J. (2014). *Overcoming compassion fatigue: A practical resilience workbook*. United States: Pesi Publishing & Media. Image retrieved from <http://au.professionals.reachout.com/developing-a-self-care-plan>

## Why is self-care important?

- College can be a busy and stressful time with lots of demands and responsibilities
  - In order for you to meet these demands and succeed, you need to **take care of yourself first!**
- How do you find time to take care of yourself when you're so busy?
  - **Think about and write down** your self-care goals so you stick with them!

*be good to yourself*

Image retrieved from <https://alinabranda.wordpress.com/2015/04/29/be-good-to-yourself/>  
Butler, L. D. (2016, July 12). Developing your self-care plan. Retrieved February 27, 2017, from University of Buffalo School of Social Work, <https://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>

## How do I develop a self- care plan?

- To develop a self-care plan, you first need to ask yourself a few questions:
  - What has helped you feel renewed and refreshed in the past?
  - What brings you pleasure and joy?
- Take a few minutes to jot down some notes, and remember to think of **all** the aspects of self-care
  - There are more examples in the following slides if you need them!

Teater, M., & Ludgate, J. (2014). *Overcoming compassion fatigue: A practical resilience workbook*. United States: Pesi Publishing & Media.

# Self-care Examples

- **Workplace or Academic**
  - Get the support you need
  - Take breaks from schoolwork
  - Get organized
- **Physical**
  - Exercise regularly
  - Get enough sleep
  - Eat as healthy as possible



Teater, M., & Ludgate, J. (2014). *Overcoming compassion fatigue: A practical resilience workbook*. United States: Pesi Publishing & Media.  
Image retrieved from ClipArt library

# Self-care Examples

- **Emotional**
  - Develop and nurture supportive friendships
  - Start a daily gratitude journal
  - Listen to music
- **Spiritual**
  - Pray
  - Mediate (for more on this, look at our other workshops!)
  - Practice mindfulness
- **Social**
  - Make time to talk to family and friends
  - Join a club or organization

Teater, M., & Ludgate, J. (2014). *Overcoming compassion fatigue: A practical resilience workbook*. United States: Pesi Publishing & Media.

# Create Your Plan!

- Now, think of 1-2 things you can do (or that you are already doing) in each aspect of self-care using this worksheet:

## SELF CARE PLAN

PHYSICAL	PSYCHOLOGICAL
EMOTIONAL	SPIRITUAL
RELATIONSHIPS	WORKPLACE
OVERALL BALANCE	
WHAT MIGHT GET IN THE WAY?	
WHAT NEGATIVE STRATEGIES DO YOU NEED TO AVOID?	
IF YOU IMPLEMENT YOUR PLAN, HOW MIGHT YOU FEEL?	

Developing a self-care plan. (2015, March 20). Retrieved February 27, 2017, from ReachOut Professionals, <http://au.professionals.reachout.com/developing-a-self-care-plan>



## Last steps and reminders

- **Hold yourself accountable**
  - Share your plan with others
  - Keep your plan somewhere you can see it!
- **Check in with yourself each week**
  - How are you doing in following your plan?
  - If you're not following your plan, how can you change or adjust it? What self-care practices are working best for you?
  - Remember to accept that you won't be perfect in executing your plan!



Butler, L. D. (2016, July 12). Developing your self-care plan. Retrieved February 27, 2017, from University of Buffalo School of Social Work, <https://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>  
Image retrieved from ClipArt library

# References

## References

- Butler, L. D. (2016, July 12). Developing your self-care plan. Retrieved February 27, 2017, from University of Buffalo School of Social Work, <https://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>
- Developing a self-care plan. (2015, March 20). Retrieved February 27, 2017, from ReachOut Professionals, <http://au.professionals.reachout.com/developing-a-self-care-plan>
- Teater, M., & Ludgate, J. (2014). *Overcoming compassion fatigue: A practical resilience workbook*. United States: Pesi Publishing & Media.