

# Self-Care Plan

Self-care includes activities and practices that fulfill you and give you energy. Establishing self-care practices can be an important part of maintaining your overall well-being. Below is an outline to help you create and maintain a self-care plan.

**1. List the self-care practices you are currently using now to take care of yourself.**

*For example, I get between 7-9 hours of sleep each night.*

I....

a.

b.

c.

**2. List the self-care practices you would like to incorporate into your routine.**

*For example, I want to take a yoga class twice a week.*

I want to...

a.

b.

c.



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**3. Identify the obstacles keeping you from practicing these habits.**

*For example, I'm not taking a yoga class now because of COVID-19 and don't feel comfortable going to a gym.*

I am not \_\_\_\_\_ because...

a.

b.

c.

**4. What solutions can you come up with to address the obstacles you listed?**

*For example, I could check out Rec. Sports Stay Active. Stay Home. Website that has free classes I can do from my home.*

I could...

a.

b.

c.



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5. Take a moment to reread the self-care practices you wrote about. Select one of the habits you would like to begin practicing and complete the sentences below:

For example, **Today, I commit** to taking a weekly yoga class. **I want to do this because** I want to improve my flexibility, learn a new skill, and have some time for myself each week. **I will accomplish** this by taking free yoga classes online and once a month looking for free or discounted yoga classes in the community.

Today I commit to...

I want to do this because...

I will accomplish this by....



## Self-Care Plan in the Moment

There are times we may need to practice self-care in the moment. We may not have access to or the ability to practice the self-care plan you outlined above. Below please brainstorm self-care practices you can do in the moment depending on the amount of time you have.

### Amount of time: 2-5 minutes

*For example, practicing deep breathing exercises on the CMHC website.*

- a.
- b.
- c.

### Amount of time: 15-20 minutes

*For example, working through a topic in the Thrive at UT app.*

- a.
- b.
- c.



**Amount of time: 30 minutes +**

*For example, taking a walk outside and noticing your five senses.*

a.

b.

c.



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