

# Self-Care Plan

Self-care includes activities and practices that fulfill you and give you energy. These practices are an important part of maintaining your overall well-being. Use the outline below to create and maintain a self-care plan.

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1. List the self-care practices you currently use.

For example: "I get between 7-9 hours of sleep each night."

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

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2. List the self-care practices you would like to incorporate into your routine and any obstacles keeping you from incorporating these habits.

For example: "I want to make sure I have a nutritious lunch every day, but it's hard to find time to cook something nutritious."

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

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3. What are some solutions to address the obstacles you listed?

For example: "I could meal prep my lunch the night before and use a campus microwave."

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

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4. Select one habit you would like to begin practicing and complete the sentences below:

For example: "Today, I commit to preparing my lunch for the next day. I want to do this because I want to feel energized and nourished throughout the day. I will accomplish this by planning recipes ahead of time and creating a weekly grocery list."

Today I commit to: \_\_\_\_\_

I want to do this because: \_\_\_\_\_

I will accomplish this by: \_\_\_\_\_

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## Make Your Own Self-Care Menu

There may be times we you need to practice self-care in the moment. Brainstorm activities you can do based on the amount of time you have available.

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Amount of time: 2-5 minutes

For example: "Listen to a guided meditation."

a.

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b.

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c.

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Amount of time: 15-20 minutes

For example: "Work through a topic in the Thrive at UT app."

a.

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b.

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c.

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Amount of time: 30 minutes +

For example: "Take a walk outside and notice your five senses."

a.

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b.

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c.

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