

Self-care

Activity 5-4: Self-care plan

Think about how you can take care of your needs. See the following example of a self-care plan:

BIOPSYCHOSOCIAL-SPIRITUAL SELF-CARE PLAN	
Physical health	Emotional health
<ul style="list-style-type: none">• start daily walks again• return to exercise classes (30 minutes low impact at first; when ready, 45 minutes of high impact & weights)• park my car further away from entrances and walk the remaining distance• use stairs instead of escalators• start shopping for healthy foods that I enjoy and return to healthy eating habits.	<ul style="list-style-type: none">• attend family support groups with my husband to help us cope with Kevin's illness• resume my gardening• set limits with Kevin (e.g., practise saying no, allow him to make mistakes)• talk to my husband about stresses instead of having a drink after work• continue attending Al-Anon and MDAO family meetings• set aside daily quiet time to read, garden or write in my journal.
Social life	Spiritual life
<ul style="list-style-type: none">• go out for dinner with husband at least once per week• resume Friday "euchre nights" with our closest friends, Martha & Harry• go out with my best friend, Sue, at least once per week (shopping/lunch)• resume "family weekend outings" on Sundays.	<ul style="list-style-type: none">• take classes on how to meditate• increase awareness of nature (e.g., birds & flowers during day, stars & solitude at night)• return to my readings on Buddhism & serenity• do my yoga sessions every morning when things are quieter around the house• return to my daily meditation readings.

Now write down your ideas so you can take care of your needs.

BIOPSYCHOSOCIAL-SPIRITUAL SELF-CARE PLAN	
Physical health	Emotional health
Social life	Spiritual life

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If one of the areas in your self-care plan looks sparse or empty, you may want to think about whether this is a component of your life that you should work toward expanding. For example, if you have always been an energetic and active person, and in your personal impact log from Chapter 4 you wrote down that you are too busy to exercise and that you feel down and tired all the time, this is an excellent area to begin working on your own health and well-being.

REFERENCES

Burns, D.D. (1999). *Feeling Good: The New Mood Therapy, Revised and Updated*. New York: Avon.