

# MY SELF-CARE PLAN

1. Identify your self-care needs across each of the quadrants.
2. Record activities you currently engage in and add some new ones.
3. Embed these activities into your regular routines to make them habitual.



**Black Dog  
Institute**

## **Workplace / Professional**

*Examples: Turn off work emails on your phone, don't eat lunch at your desk, let go and delegate tasks.*

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## **Physical**

*Examples: Exercise, follow a healthy diet, go to the gym, walk the dog.*

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## **Psychological / Spiritual**

*Examples: Keep a journal, meditate, go to church / temple / mosque, spend time in nature.*

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## **Emotional / Relationship**

*Examples: Make time for family and friends, go to the movies, record three positive things about each day.*

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**What might get in the way of your self-care plan? How can you prepare for these roadblocks?**