

# Making an Action Plan for Self Care

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Learning how to take care of yourself and manage stress is important. **Practicing mindfulness** can help with these things. Use this handout to learn how you can use mindfulness each day and create a self care action plan.

## The benefits of mindfulness:

- It helps you notice how you are feeling in the moment.
- It also teaches you how to handle the stress in your life.

## How to balance stress:

- Everyone has stress. Stress can be good when it helps keep us alive and acts as a survival response to threats. Stress can also help motivate us.
- Stress can be bad when it happens all the time and is overwhelming.
- You will need the right tools to help you with the bad stress. These tools can help you cope with constant stress. An example of a tool you can use is practicing mindfulness and grounding exercises. Doing activities that make you happy can also help with stress.



# Making an Action Plan for Self Care

**Planning for self care:** Use this chart below to start making your own action plan for self care. Look at the questions and suggested action steps. Begin brainstorming your own self care action plan.

Questions	Answers	Action Steps
What activities make you feel happy, fulfilled, and give you energy?		Which of the activities from column 2 are you already doing? How can you do them more?
What activities make you feel drained or unfulfilled?		If possible, try to cut back on these activities. What activities can you replace them with?
What do you do when you are feeling overwhelmed?		When you start to feel overwhelmed, take time to do activities that make you feel less stressed.
What are 5 of your best qualities?		Practicing self-kindness makes both your body and brain feel good. What are some ways that you can offer kindness to others and yourself?