



MY SELF-CARE PLAN

On the list of self-care ideas below, check off any that you plan to add into your self-care routine. Then, add any additional ideas (including self-care activities you already do).

FCCH Provider Self-Care Practices

- ☐ Establish a self-care routine
- ☐ Maintain healthy eating habits
- ☐ Get adequate rest
- ☐ Set boundaries
- ☐ Seek support
- ☐ Professional development
- ☐ Practice stress management
- ☐ Delegate tasks
- ☐ Connect with nature
- ☐ Celebrate your achievements
- ☐ Read a book or magazine
- ☐ Go for a walk
- ☐ Meditate
- ☐ Spend quality time with friends and family
- ☐ Participate in a hobby

Add more ideas below!

How will you take care of yourself this week?

For each day of the coming week, write a self-care practice you plan to use or one you'd like to try. Then, write down barriers and how you might overcome them. After each day, reflect on how you felt and how taking time to take care of yourself impacted your day.

	Self-Care Practice	Possible Barrier	Overcome by:	How did implementing this self-care practice make you feel?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				