

Barton Lab

Contact: Bartonlabvu@gmail.com



Self-Care Week

Feel Good Friday

Creating an Action Plan for Your
Self-Care Goals



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Benefits of Making a Self-Care Plan

SELF-CARE: ASKING YOURSELF WHAT YOU NEED AND
GIVING YOURSELF THE HONEST ANSWER

Making a plan:

... is a preventative measure. Preparing while not in crisis helps you handle the hard situations

... takes the guessing out of self-care. Knowing what to do will help you respond and feel in control.

... promotes consistency. Having a plan will increase the likelihood that you will stick to it.



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How to Make a Plan

WRITE IT OUT TO ACT IT OUT

1 Create a list of different areas of your life and write activities that contribute to your wellbeing in each



Work: healthy boundaries

Relationships: calling family

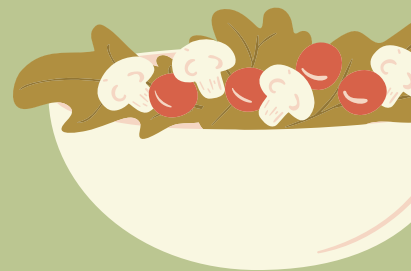


2 Write down barriers to these activities and how you might overcome them



Boundary to calling family: lack of time

Overcome by: scheduling calls in advance



3 Share your plan with people close to you to keep you accountable

CHECK OUT THE
TEMPLATES IN
THE RESOURCES!

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The Importance of Self-Care

The Barton Lab emphasizes the importance of self-care. Our lab is committed to engaging in self-care because of its impact on our individual and collective well-being. We also know that self-care looks different for every individual. Your self-care needs might change depending on what else is happening in your life. We encourage you to find the ways to take care of yourself that work for you.

Please share with us the ways you engage in self-care!

Resources

Self-Care assessment and planning sheet:

<https://www.csun.edu/sites/default/files/SUN-Self-care-Plan.pdf>

Planning information with examples:

<https://www.mindful.org/why-you-need-a-self-care-plan/>

Planning information with template and activity ideas:

<https://schools.au.reachout.com/articles/developing-a-self-care-plan>