

# SELF-care Action Plan

## What is your preferred method of SELF-care?

Explore SAMHSA's 8 Dimensions of Wellness and customize a self-care plan that is unique to you.

For each category, reflect on activities that prioritize your health and wellness. Write down the self-care practices that serve you best and revisit these strategies often. Regular practice will help you develop healthy habits and provide you with resources to BE YOU and BE WELL.

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### EMOTIONAL

*Example: Engage in activities that embrace your senses*

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### SPIRITUAL

*Example: Practice meditation; Self-reflection*

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### INTELLECTUAL

*Example: Read a book; Try a new hobby*

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### PHYSICAL

*Example: Exercise; Eat a balanced diet; Get adequate sleep*

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### ENVIRONMENTAL

*Example: Explore the outdoors; Create safe, judgement-free spaces for yourself*

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### FINANCIAL

*Example: Begin a savings routine; Give to a good cause*

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### OCCUPATIONAL

*Example: Balance work/school and leisure time; Volunteer; Recognize your accomplishments*

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### SOCIAL

*Example: Foster healthy relationships; Connect with others*

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