

Resilience Strategies:

Techniques for Self-Care



Building a Self-Care Action Plan

What is self-care? Self-care is a personal commitment to *care for ourselves*. That commitment means that you will check in with yourself regularly, and take actions that can reduce your stress and help you feel better in each domain of your life.

The aims of self-care are:

- Taking care of physical and psychological health
- Managing and reducing stress
- Honoring emotional and spiritual needs
- Fostering and sustaining relationships
- Achieving an equilibrium across one's personal, school, and work lives

What is a Self-Care Action Plan? A document that you can create to outline the different actions that work for you in relieving stress, and improving your wellbeing. This action plan provides a list of options of people, programs, and activities that you can turn to for support. There is no one-size-fits-all self-care plan, because our plans are unique to each of our needs.

How do I start? When we talk about self-care, it is helpful to understand our wellbeing in 8 different dimensions, all of which impact our wellbeing and our lives overall. When you develop your self-care action plan, you will brainstorm what people, programs, activities, or actions you can utilize in each dimension. This plan is a resource of options for you to use in caring for yourself. The more often you use the tools in your action plan, the easier it becomes to use them when you are experiencing challenges in your life!



ENVIRONMENT

Understanding how your social, natural, and built environments affect your health and wellbeing.



PHYSICAL

Understanding the needs of your physical body, and how your physical domain impacts your wellbeing,
How can you care for your physical body?



EMOTIONAL

Emotional Dimension: Understanding and respecting your own feelings, values, and attitudes, as well as others, and the ways that they impact your wellbeing.



SPIRITUAL

Finding purpose, value, and meaning in your life, participating in activities that are consistent with your beliefs and values (with or without organized religion).



INTELLECTUAL

Intellectual: Growing intellectually, maintaining curiosity, expanding knowledge and skills while discovering the potential for sharing your gifts with others

8 DIMENSIONS OF WELLNESS



FINANCIAL

Managing your resources to live within your means and managing your financial values, needs, and circumstances in a way that is healthy.



OCCUPATIONAL

Finding ways to participate in work that provides personal satisfaction that is consistent with your values, goals, and lifestyle while contributing your gifts, skills, and talent in your occupation.



COMMUNITY

Maintaining healthy relationships, finding ways to enjoy being with others, sharing with others, allowing others to care for you, and contributing to your community.

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Building Your Action Plan: Take a moment to brainstorm what things you do in each domain that help you feel grounded and centered? Are there activities that you enjoy in each domain? Do you find wellness in running (physical domain), do you feel reassured when you put \$5 in your savings account, or pay an additional \$5 on a bill (financial domain)? Do you have any spiritual practices that help you feel centered (spiritual domain)? Can you commit to taking 5 minutes when you are feeling stressed to do a breathing exercise (physical domain)?

To start, begin by writing down the things, people, programs that you can turn to in each domain. This will be your resource list that you can look to when you are facing stressful situations and need to do something to take care of yourself!

