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SELF-CARE

How to Develop a Personalized Self-Care Plan

Self-care is personal. It involves all the big and little things you do to support your health and wellbeing, and it looks different for everyone. How you practice self-care depends on your individual needs, preferences, and resources.

In order to develop a personalized self-care plan, spend some time getting to know yourself on a deeper level. Here are some questions that can help you develop a personalized self-care plan of your own:

How do you want to feel?

Self-care is about making deliberate, positive lifestyle choices that address your specific needs. One easy way to better understand what you need is to answer this question: How do you want to feel?

- Energetic
- Focused
- Organized
- Calm
- Strong
- Positive
- Peaceful
- Confident
- Something else?

What makes you feel that way?

Because self-care is personal, you may need to do some experimenting with different forms of self-care to see which ones are most effective at producing the outcomes you are aiming for. Once you know how you want to feel, you can carefully select self-care strategies that produce that outcome. To choose self-care practices that align with your needs, ask this question: What makes you feel that way?

- Meditation
- Healthy Eating
- Physical Activity
- Sleep
- Social Connections
- Something else?



What can you do right now?

Next, assess which of the self-care activities you identified are realistic for you right now. Which strategies could you implement immediately? Which ones are a good match for your skills and resources?

As you move forward and expand your self-care practice, repeat these steps. Over time, you will have a personalized list of strategies that you can turn to when you need support.