

Daily Self-Care Plan

What are you doing to support your overall well-being on a day-to-day basis? Do you engage in self-care practices now? Are you more active in some areas of self-care than others? You can use the table below to help you determine which areas may need more support.

Area of Self-Care	Current Practices	Practices to Try
<p>Physical</p> <p>(e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.)</p>		
<p>Emotional</p> <p>(e.g. engage positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)</p>		
<p>Spiritual</p> <p>(e.g. read inspirational literature, self-reflection, enjoy the outdoors, explore spiritual connections, etc.)</p>		
<p>Professional</p> <p>(e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.)</p>		
<p>Personal</p> <p>(e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.)</p>		
<p>Psychological</p> <p>(e.g. take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, life coaching, or counselling support through your EAP if needed, etc.)</p>		
<p>Others</p> <p>(e.g. financial, relational, social, etc.)</p>		