

# Self-Care Plan

This plan is to help you identify your own personal signs of stress and plan in advance strategies that may help you manage your own stress and emotions.

<p><b>What are your personal signs of stress?</b></p> <p><i>What are the signs that might tell you that you need to take some time to care for yourself? (e.g. irritability, decreased concentration, withdrawing from friends/activities)</i></p>	
<p><b>What strategies can you use to manage stress?</b></p> <p><i>Be as specific as possible (e.g. Practice abdominal breathing for 10 minutes, talk to partner)</i></p>	
<p><b>Who can you call upon for support?</b></p> <p><i>Try and identify multiple people in different areas (e.g. family, friends, colleagues).</i></p>	
<p><b>What activities can you actively schedule into your life over next month? When?</b></p> <p><i>Try and make a list of various activities (small and big). Then schedule them into the Calendar over the page.</i></p>	

Use this table to schedule in some relaxing/pleasant activities over the next month. Write the week beginning date in the left column as appropriate.

<b>Week beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>