



## Radical Self-Care Plan Winter 2018-2019

*“Radical self-care is quantum, and radiates out into the atmosphere, like a little fresh air. It is a huge gift to the world.” - Anne Lamott*



Taking care of our whole selves (mind, body, spirit) is a necessity, and in the helping professions many consider it an ethical obligation – part of the work.

Still, many of us have internalized messages about self-care as selfish or luxurious. Before you begin crafting your self-care plan, take a moment to think about the messages you’ve received about caring for yourself, and what has historically stood in the way of you caring for yourself on a regular basis. Also note, the activities listed in parentheses are just examples and are in no way an exhaustive list.

**What are three smaller things I can incorporate on a daily basis to care for myself? (take deep breaths, go for a walk, gratitude journal, eat breakfast etc)**

- 1.
- 2.
- 3.

**What is one thing I can do to care for myself on a weekly basis? (take a bath, connect with a friend, therapy, etc)**

- 1.

**What is one thing I can do to care for myself on a monthly basis? (spend time in nature, visit a museum, alone time etc)**

- 1.

**What is one thing I can do to care for myself on a quarterly basis? (get a massage, take a day trip, etc)**

- 1.

**Who can support me with my self-care goals?**

- 1.
- 2.