

Module 3: Proactively Plan for Self-Care

Instructions

It is important to take care of your body and mind and explore a variety of self-care and relaxation techniques to prevent chronic stress. You can sprinkle small moments of self-care throughout the day, especially when you realize you're feeling stressed, or do bigger acts of self-care throughout the week. A helpful tip is to proactively create a plan for different types of self-care so you can implement them without any added complications!

Try It

Take some time now to make a go-to plan for self-care when you're feeling stressed.

1. Refer back to the Self-Care Guide, ask others for recommendations, or use the Internet to research:
 - Three self-care practices that can be done in five minutes or less
 - Three self-care practices that are longer and more indulgent
2. Gather any specifics or details you might need in the moment of your self-care. For example, if you researched a great massage studio in your area, write down their hours and phone number so you are ready to move forward when the time comes.
3. Place your plan somewhere you can access it quickly. You want to make self-care an easy, convenient practice.

Reflect

Reflect on the following —

1. What are your three five-minute self-care practices?
2. What are your three longer self-care practices?
3. Which acts of self-care did you find that excite you?
4. How did it feel to proactively create a self-care plan?

