



Physical Self Care

- Eat regularly and healthily
- Exercise
- Take time to rest & recover when sick
- Get enough sleep



Spiritual/Cultural Self Care

- Spend time on Country
- Join in community gatherings
- Make time for prayer or similar spiritual practice
- Celebrate birthdays/celebrations/ milestones
- Join and contribute to causes you believe in



Psychological Self Care



- Write or Journal
- Read
- Do something creative
- Spend time outdoors
- Practice Mindfulness or Meditation

Study/Educational Self Care



- Take breaks
- Engage in extracurricular activities
- Set enough time to study & complete assignments
- Ask for help when needed from a teacher or peer

Self Care Plan

How I look after myself

Add your own ideas in each box

Emotional Self Care



- Spend time with friends & family
- Laugh
- Reward yourself and treat yourself kindly
- Spend time doing things you enjoy and have fun

