

CREATING A SELF-CARE PLAN



Self-care, when practiced proactively, can keep you from feeling overburdened, overstressed, or burned out. The trick to any preventative measure is creating a plan. Below are some tips to get you started when creating a self-care plan.

- **Create of list of areas in your life**, such as, work, physical fitness, relationships, emotional life, etc.
- **Write down one or two things activities from each area that contribute to your well-being**, such as, mindful meditation, spending time with friends, or eating healthy.
- **Now jot down any barriers** that may arise and how you may be able to shift them to complete your self-care activities.
- **Finally, make it visual.** Take keywords or phrases from the activities you have chosen and find pictures or graphics that will help remind you of those as you work to put your plan in place.

Self-care is an important part of both your physical and mental health. If you would like more information on how to create a self-care plan or to talk to someone about your mental health, please contact us.

WE CAN HELP.

Our program is designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at