

Self Care Plan Weekly Chart (example only)

Week in the month: 1 2 3 4 (circle)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meditation			X			X	
Visualization	With CD			With CD			
Affirmation	X	X	X	X	X	X	X
Aroma Therapy							
Exercise		walk		walk	swim		walk
Tai chi / Qi gong							
Yoga							
Relationships		lunch					shopping
Soaking bath	X	X	X	X	X	X	X
Self massage							
Humor	funnies				TV show		Radio
Diet	eliminate	soda	all this	week			
Flower Essence							
Play time							
Me time	X	X	X	X	X	X	X
Creativity							paint
Service to others	church			food bank			

How to use this chart:

This chart is intended to help you create and maintain an on-going self care plan. It is easy to jump from one self care item to another without consistency. This form will assist you in maintaining a plan that will benefit you long term .

Print out the blank form and identify what you plan to do in terms of self care for the week. Be aware that you do not need to fill in every space or do every self care item. Create a plan that is realistic and doable.

Once you have successfully incorporated one self care item consistently for a couple of weeks, without negative impact, then add another. Don't over tax yourself. This tool is to help you create a plan to ensure you are taking care of yourself, but don't let it become the rule of the law - let it be a guide and a

measure.

Place an "X" in the day of the week that you plan to complete a particular self care item or write the activity. For instance, you may decide to walk for exercise 3 times a week, on Monday, Wednesday and Saturday. Write walk on those days. Then, you plan to swim on Thursday, write swim on Thursday. Then you plan to take a bath with Epsom salts daily, so you would place an X in each box. Affirmation daily, place an X daily. See above for example. Service to others involves volunteering at a church activity, write that in.

As you complete the self care item, mark it off as complete in whatever manner you decide; cross it off, place a check mark, or color the box in. This way, at the end of the week, you will know what you have and have not completed. This will help in determining what you will plan for the next week.

Don't feel you need to do everything everyday. Remember, it is better to start slow and build. If you find something does not work for you, then drop it the following week or continue and add something else if it does.

There is also a 2nd page that you can use to more clearly define your plan and what you anticipate to happen.

Self Care Plan Weekly Chart - Supporting Information (example only)

It might read something like this:

Meditation - *add meditation to the plan, 10 minutes, 2x a week, right before I go to sleep.*

Visualization - *I really like the visualization CD that I borrowed from the library. Try to find where to buy it. use this daily, in the morning when I first wake up.*

Affirmation - *continue with my affirmation "I am happy, healthy, pain free." See if I can add a little tune to it so I can sing it to myself throughout the day.*

Aroma Therapy

Exercise - *walk 3 times per week for 10 minutes. Don't increase. Last week I tried and it exacerbated my pain.*

Tai chi / Qi gong -

Yoga -

Relationships - I am trying to spend time with those friends who are positively supportive, who make me laugh.

Baths - daily, before bed, with a drop of lavender essential oil in the water, and Epsom salts

Self Massage - as needed when my feet hurt

Humor - find every opportunity to laugh out loud, take life more lightly

Diet - this week I commit to eliminating soda pop from my diet. I will replace it with fruit flavored water.

Flower Essence -

Play time -

Me time - I commit to take 10 minutes, each day this week, to myself. I will stop on the way home each day at the park to look at the flowers and birds.

Creativity - I haven't spend any time painting in a long time. I will switch from oil painting to watercolor so I am not using all those toxic thinners.

Service to others - I always feel good when I help others. I am going to pass out tickets at the door at the church social. I will go to the food bank to help bag food, but I will do this only as a fill-in if they need a substitute. I don't want to over extend myself this week.

After you have filled out the forms, hang them in a prominent place, where you will see them and they can hold you accountable.

Don't stress out if you don't complete everything according to schedule. You may have to adjust depending on your symptoms and how you are feeling. This is a guide and a measurement tool. Use it to your benefit, not to your detriment.

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Diet -

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Me time -

Creativity -

Service to others -

Other:

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