

What are Self Care plans?

Self Care plans are the day to day things we do to take care of ourselves.

Self Care activities range from every day activities to larger activities.

Some regular activities may include:

- Eating regular meals
- Getting enough sleep
- Being proactive with chores, like cleaning the house

More infrequent Self Care activities can include things like:

- Spending money on an activity you enjoy (going to a movie or going on vacation?)
- Working out

How are Self Care Plans different then Safety plans?

Self Care plans are to be practiced regularly and proactively rather than an in the moment intervention.

Sometimes things that are on your Safety Plan could also be on your Self Care plan. For example, talking to friend or family member may be a Self Care strategy and also a Safety Plan activity.

Tips for completing your Self Care Plan

Identify Self Care activities that are both every day activities, and Self Care activities that are special to you.

It is important build Self Care into your every day routine along with having special Self Care events that you plan for like going to the movies with a friend.

Think about different Self Care Activities that would fit in to different areas in your life. Some categories to think about include:

- Emotional Self Care
- Intellectual Self Care
- Occupational Self Care
- Physical Self Care
- Spiritual Self Care

Not all of these areas may apply to you, so pick what does.

Important things to remember: Identify things that work for you! Everybody is different and something that works for your family member or friend may not work for you.

Also ask for help. Sometimes Self Care works best when we are doing it with someone or have someone who knows what you are doing for self care to encourage you.

Safety Plans and Self Care Plans





What are Safety Plans?

The Safety Plan is an important Sanctuary tool that provides a visual and concrete reminder of coping skills to use in the moment

It is important that we use our Safety Plans to help manage emotions so we can keep ourselves and others safe.

Who are Safety Plans for?

Safety plans are for everybody! Everybody experiences stress or can feel intense emotions at any time. Having a Safety Plan helps us remember what we can do in that moment in to regulate our emotions.

Also using your Safety Plan is great role modeling for others.

Tips for completing a Safety plan

Identify things you can do by yourself and also things you can do with others.

Identify things that can be done anytime and anywhere.

Identify things that can be done without out much thought.

Some examples are:

- Deep breathing
- Count backwards
- Massaging one's hands
- Drinking water
- Listening to music
- Talking to some one

Most important: Identify things that work for you! Everybody is different and something that works for your family member or friend may not work for you.

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly."

-Unknown

www.paintedteacup.com

What if I find my Safety Plan or Self Care Plan isn't working?

This is a natural thing, that things that have worked before may not work now.

If you are finding your identified activities are not working, it is a important to assess your list and see if there are other options.

Also it is important to include people you trust in conversations around your Safety Plan and Self Care Plans as others may be able to help you identify things that work for you in the past.