

Self-Care

“CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE.”

-- AUDRE LORDE

Life keeps us busy, but we must be intentional about creating space to care for self. Self-care is holistic. It's mental, spiritual, emotional, and physical. Self-care also keeps us whole and enables us to meet the demands life places on us. Much of our sanity lives in our ability to care for ourselves.

Each month, set self-care goals that ensure you're taking the time to care for you. Make sure they include actionable items that you can check off on a daily or weekly basis, and at the end of the month, revisit and re-evaluate your goals. Did you meet your goals? Are they adequately contributing to your care? Are they realistic? If necessary, re-write your goals and action items so you can be more effective in your care the following month. And always remember that YOU are the priority. Self-care isn't selfish or neglectful of your other responsibilities. Self-care actually empowers you to care for others.

Mental Care Plan...

Goals:

1)

2)

3)

Action Items:

Spiritual Care Plan...

Goals:

1)

2)

3)

Action Items:

Emotional Care Plan...

Goals:

1)

2)

3)

Action Items:

Physical Care Plan...

Goals:

1)

2)

3)

Action Items: