



My Wellness Plan

My self-care buddy	
Check-in schedule	

Prevention and Maintenance- The things we do regularly that help us stay healthy and sustain us as individuals.

Physical Sustainability: The things I do to take care of my body in healthy ways. Examples include: sleep; nutrition; exercise; and regular health care visits. How well do you take care of yourself physically? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself physically.

	Activity	Dosing & Spacing
1		
2		
3		

Emotional Sustainability: The things I do to take care of my feelings in healthy ways. Examples include maintaining personal and professional support systems; counseling and/or therapy as needed; journaling; and talking about feelings in healthy ways. How well do you take care of yourself emotionally? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself emotionally.

	Activity	Dosing & Spacing
1		
2		



3		

Cognitive Sustainability: The things I do to improve my mind and understand myself better. Examples include: reading for pleasure or work; writing; and engaging in continued education for additional knowledge/skill. How well do you take care of yourself psychologically? Identify three activities that you currently do and/ or plan to engage in from this point forward to take care of yourself psychologically.

	Activity	Dosing & Spacing
1		
2		
3		

Social Sustainability: The things I do in relation to others and the world around me. Examples include: spending time with friends, family, and colleagues you enjoy; having fun and playing; belonging to groups, communities and activities that encourage positive social connections. How well do you take care of yourself socially? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself socially.

	Activity	Dosing & Spacing
1		
2		
3		



Financial Sustainability: Things I do to spend and save responsibly. Examples include: balancing a checking account; planning for the future; and spending money in thoughtful and productive ways. How well do you take care of yourself financially? Identify three activities that you currently do and/or plan to engage in from this point forward to take care of yourself financially.

	Activity	Frequency
1		
2		
3		

Spiritual Sustainability: The things I do to gain perspective on my life. Examples include: prayer; meditation; contact with nature; connection with God or a Higher Power; participating in worship with a community; and 12-Step Recovery. How well do you take care of yourself spiritually? Identify three activities that you currently and/or plan to engage in from this point forward to take care of yourself spiritually.

	Activity	Dosing & Spacing
1		
2		
3		



In the Moment Coping Strategies - The tools we use in the moment and throughout the day to help us cope with challenges.

Physical - These are the physical things we can do throughout the day that help us combat the negative impact of stress such as breathing, stretching or moving. You can be creative! Find the things that work for you.

	Activity	Dosing & Spacing
1		
2		
3		

Emotional - These are things we can do throughout the day that help us shift a negative emotional state or maintain a positive one. Some examples are; texting a friend, checking in with a colleague, taking a sip of tea, listing things we are grateful for, intentionally noticing things that are going well Find the things that work for you.

	Activity	Dosing & Spacing
1		
2		
3		



Recovery & Meaning Making- Grappling with how challenging experiences fit into our sense of self and our worldview, and how they change us and change our work.

Reflective- These are the things we do to help us process difficult experiences. Examples include talking to a friend or colleague, asking for support from a supervisor or coach or journaling. Find what works for you.

	Activity	Dosing & Spacing
1		
2		
3		

Repairative- These are the things we do to repair the harm resulting from negative experiences. This may include a class discussion, setting new expectations, changes in practice, policy or procedures.

	Activity	Frequency
1		
2		
3		