**Self-Care Plan**

**Objective:** To create a powerful self support tool for managing the stresses of your work.

In creating your Self-Care Plan, please include personally meaningful activities that can support **you** as you continue in your work. Use any of the categories below. Think about how you might incorporate the activities both on-the-job and outside of work.

**Emotional Well Being**

**Physical Well Being**

**Spiritual Well Being**

**Intellectual Well Being**

**Work-to-Home Transitions**

**Delight**

**Boundaries: Relationship(s) I need to change in order to better take care for myself**

**Affirmations: Messages of intentions and values to state to myself everyday**

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

From: Dr. Henry Tobey

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