

Name _____

Date _____

Villa of Hope
Youth Self-Care Plan
“Your Commitment to Yourself”

Personal Physical

In order to maintain physical health, a physical self-care plan might include:

- Physical activity - exercise, dance, sports, dance
- Reconnection with one’s body – massage, yoga
- Maintain a high-energy through eating healthy foods and getting enough sleep
- Find healthy, physical ways to get an adrenalin high – amusement park, bungee jump
- Play

List the Physical components of your self-care plan:

Personal Psychological

Psychological care is essential, a psychological self-care plan might include:

- Know your limitations
- Keep good boundaries with yourself and others
- Use self-soothing skills in a positive way
- Spend time in nature
- Listen to music
- Take a vacation from responsibilities
- Learn how much you can tolerate and when to say no
- Speak kindly to yourself
- Do activities that help you learn about yourself
- Journal
- Get to know your triggers
- Work in therapy on healing
- Dream and have quiet times
- Be creative: write, draw, or sing
- Acknowledge the positive things about yourself

List the Psychological components of your self-care plan:

Personal Social

Identify personal and social supports/resources with a strategy plan to use them. A social self-care plan might include:

- Identify your social supports and resources and plan how to use them
- Surround yourself with positive peers
- Look for support from friends and family
- Spend time with children and pets
- Enjoy good times with others doing safe activities
- Make new friends

List the Social components of your self-care plan:

Personal Moral

A moral self-care plan might include:

- Come to know what you value and what has meaning to you
- Do and say things that match your values
- Spend time and energy in making a positive difference to others and in the world
- Hold onto hope
- Develop the courage to speak out about unfairness
- Contribute to creating non-violence in whatever ways you can

List the moral components of your self-care plan:
