



My Self-Care Plan

Created for Healthy Native Youth

Healthynativeyouth.org

My Self-care Plan

This activity was created as an Enhancement Activity for [Healthy Native Youth](#).

Activity Overview: Self-care Plan (~30 minutes)			
Age Groups: Middle School, High School, Young Adults			
<p>Activity Purpose: The primary purpose of this activity is for youth to create a self-care plan that includes selecting positive self-talk statements.</p>			
<p>Folks will:</p> <ul style="list-style-type: none"> • select “self-care” activities and “positive self-talk statements, to • create a “self-care plan” 			
Activity Outline	Core Content Components	Instructional Method	Timing
<p>Welcome and Icebreaker</p>	<ul style="list-style-type: none"> • Welcome youth • Icebreaker 	<p>Minilecture</p>	<p>5 minutes</p> <p>Time varies</p>
<p>Self-Care Strategies</p>	<ul style="list-style-type: none"> • Creating My Self-care Plan • Use Handouts: <ul style="list-style-type: none"> • <i>My Self-Care Plan</i> 	<p>Minilecture</p> <p>Individual & Small Group Work</p> <p>Large Group Activity</p>	<p>15 minutes</p>
<p>Closing</p>	<ul style="list-style-type: none"> • Reflection on learning • Cultural Teaching (if time allows) 	<p>Large Group Reflection</p>	<p>5 minutes</p>
<p>Materials:</p> <ul style="list-style-type: none"> • <i>My Self-Care Plan</i> Handout -- enough for each person 			
<p>Preparation:</p> <ul style="list-style-type: none"> • Print enough handouts for each youth of: <ul style="list-style-type: none"> ○ <i>My Self-Care Plan</i>, p. 5 • Consider inviting local mental health professionals to introduce themselves to folks and let them know of their services, fees (if applicable), hours, and location. 			

Procedures

Welcome and Group Check In (time will vary)

1. Welcome Participants (2 minutes)

- Welcome youth, introduce yourself, and direct people where to sit.
- Say, “Today we’re going to talk about how to take care of ourselves. Sometimes it seems like this can be a no-brainer, but when we get down to it and really think about how we do this, it can be a little more complicated than that. We are going to do some activities that will help us to learn more about how to take care of ourselves.”

Icebreaker (time varies)

Icebreaker – use the “Icebreaker” activity guide to find an icebreaker appropriate for your group (i.e. small or large group, new or established group, etc.)

Introducing Activity Concepts

My Self-Care Plan (15 minutes)

- Say, “We are now going to take a moment to come up with a plan for taking better care of ourselves. This is a process that will change throughout our lives. How you take care of yourself affects how you think, feel, your sense of who you are and where your place is in this world.”
- Say, “Noticing where you are at today, are there things you could do to help strengthen your mental, spiritual, physical, or social selves”? Ask for volunteers to share with the group.”
- Distribute and discuss handout - *My Self-Care Plan* (page 5).
- Say, “I’d like for you to look at the *My Self-Care Plan* handout. From the handout, I’d like for you to select at least three activities that make most sense for you and where you are at today. Feel free to create your own, if you’d like.” Read aloud instructions.
- Say, “The second most important part of creating a self-care plan is to include positive self-talk statements. These are things you can say to yourself, on repeat, throughout the day when you need a little encouragement or a little self-love. Part of this process is to start paying attention, close attention, to the things you tell yourself throughout the day. Start to notice if what you tell yourself is negative, positive, or a mixture of both. The idea is that we start to take out the negative talk and replace it with positive self-talk...but this takes practice. It also takes a lot of patience. Know that we all take steps backwards and forwards, as long as we talk kindly to ourselves and keep encouraging ourselves to move forward, we are making progress. This is how we grow to live our best lives possible.”
- Say, “When you are done with selecting your three self-care activities, move on to the second part of this exercise – *Select a Positive Self-talk Statement*. Read the examples and select one or more positive statements you could say to yourself when you need a little pep talk. Any questions before we begin?”
- Say, “Okay, I will give you five-minutes to complete your self-care plan.”

- Give group a one-minute warning.
- Have youth break up into small groups to share their self-care plan, or they can turn to the person sitting next to them and share with them. Encourage folks to provide positive feedback to the person sharing, like; “Thank you for sharing. I like...(insert).”
- Ask for a few volunteers to share with the whole group one of their self-care activities, how they plan to protect it, and what positive self-talk statements will they plan to say to themselves.

Closing

5. Closing Reflections (5 minutes)

- Say, “I want to say again how appreciative I am for you all being here today to put in the effort of taking better care of yourselves, also for all the thought you put into today’s activity. Consider how you can take what you have learned here today outside of this room and share it with others. I also want to encourage you to use your *Self-Care Plan* activities you selected on a daily basis and to make a habit of listening to the things you say to yourself throughout the day. Try to use the positive self-talk statements you wrote down earlier and make them a new habit.”
- Say, “Do you feel like you could use these activities in your own life? Would you change any part of it, or add on to them?”
- Mention the next meeting time, location and the topic that will be covered, if applicable.
- If time allows, close with a poem, song, story or tradition that highlights the concept of taking care of yourself.



Create a Self-care Plan...

How you take care of yourself affects how you think, feel, your sense of who you are, and your place in this world.

Select three activities from the example box below (or create your own!), that will help to nourish your mental, spiritual, physical, and social self. Then select a positive self-talk statement that you can say to yourself when you need a little encouragement.

1: Select three Self-Care Activities

My 1st Self-care Activity is...

My 2nd Self-care Activity is...

My 3rd Self-care Activity is...

Examples of Self-care Activities:

Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Trim my nails, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

My Self-Care Plan

The things you do and the way you talk to yourself matters!
Be your best self by selecting activities that nurture your soul.

2: Select a Positive Self-talk Statement

My Positive Self-talk Statement is...

Examples of Positive Self-talk Statements:

I am Strong, I am Loving, I am Special, I am a good person, All is well - right here - right now, I control my choices, I am working towards my goals, I can treat myself gently and with kindness, I have gifts, I am taking things one step at a time, I have a purpose, I have all that I need, Today I will look for the good, I am learning to take care of myself, I am freaking awesome!...Create your Own.

3: Live it!

Make these activities and positive self-talk statements part of your daily life. This can help you to be the best version of yourself. Go you!

