



My Self-Care Plan for Elders/ Adults

Created for Healthy Native Youth

Healthynativeyouth.org

Self-care Plan

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

Activity Overview: Self-care Plan (~30 minutes)			
Age Groups: Adults & Elders			
Activity Purpose: The primary purpose of this activity is for adults and elders to create a self-care plan that includes selecting positive self-talk statements.			
Folks will: <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
Welcome and Icebreaker	<ul style="list-style-type: none"> Welcome participants Icebreaker 	Minilecture	5 minutes Time varies
Self-Care Strategies	<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> 	Minilecture Individual & Small Group Work Large Group Activity	15 minutes
Closing	<ul style="list-style-type: none"> Reflection on learning Cultural Teaching (if time allows) 	Large Group Reflection	5 minutes
Materials: <ul style="list-style-type: none"> <i>My Self-Care Plan</i> Handout – enough for each person Avery 5162 Easy Peel Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed) Avery 5195 Easy Peel Return Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed) 			
Preparation: <ul style="list-style-type: none"> Print enough handouts for each person of: <ul style="list-style-type: none"> <i>My Self-Care Plan</i>, p. 4 <i>Self-Care Activity Examples</i> (on Avery 5195 Easy Peel Return Address Labels – if you don’t have labels, just print on regular paper), p. 5 <i>Positive Self-Talk Statements Examples</i> (on Avery 5162 Easy Peel Address Labels – if you don’t have labels, just print on regular paper), p. 6 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 folks, introduce yourself, and direct people where to sit.
- Say, “Today we’re going to talk about how to take care of ourselves. This may seem like 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. We may have noticed that this is a process that has changed throughout our lives. How you take care of yourself affects how we think, feel, our sense of who we are and where our 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 4) and *Self-Care Activity Examples* (page 5).
- Say, “I’d like for you to look at the *My Self-Care Plan* and the *Self-Care Activity Examples* handouts. From the *Self-Care Activity Examples* handout, I’d like for you to select 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 for this first half.”
- 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 pay 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 more of the negative talk and replace it with positive self-talk...but of course this takes practice, especially if we have long-term habits of speaking negatively to ourselves. 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 live our best lives possible and it’s never too late to change the dialog.”

- Say, “When you are done with selecting your three self-care activities, move on to the second part of this exercise – *Time to Talk Myself Up!*. Read the instructions to yourself and use the *Positive Self-Talk Statements Examples* handout to select positive statements you could say to yourself when you need a little pep talk. Any questions before we begin?”
- Say, “Okay, let’s take about five-minutes to complete your self-care plan”.
- Give group a one-minute warning.
- Have people 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 work of taking better care of yourselves, also for all your thoughtfulness. We ask youth to do these activities and it’s important that we model this behavior ourselves.”
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 new habit.”
- Say, “Do you feel like you could use these activities in your own life? Would you feel comfortable sharing this with youth in your lives?”
- Mention any upcoming events or notices, if applicable.
- If time allows, close with a poem, song, story or tradition that highlights the concept of taking care of yourself.



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.

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:

Connect with my Culture, Sit in Silence, Unplug, Write, Be nice someone, Smudge, Take a Walk, List Three Things I'm Grateful for, Laugh, Fix my Hair, Pray, Talk to a Friend, Cook, Talk to Youth, Take a Shower, List Things I'm Good at, Spend Time in Nature, Plant a Garden, Breathing Exercises, Draw or Paint, Go for a Hike, Make Traditional Art, Listen to Music, Take a Nap, Go to a Cultural Event, Sit by a body of Water, Read a Book, Speak my Language, Take Three Deep Breaths, Make a funny Video, Daydream, Exercise, Take Care of Someone, Sing, Play cards, Get a Haircut, Make funny video playlist, Trim my Nails, Write a Song, Do Traditional Art, Clean my room, Volunteer, Eat with my Family, Talk to a Counselor, Start a Journal, Play with my pet, Look at the Stars, Make a playlist, Pet a Horse, Talk with my grandkids, Say 'I love you', Read inspiring Quotes, Pow-wow, Smile with my Eyes, Help my Neighbor, Hug someone, Start an Art Journal, Dance, Play Bingo...Create My Own!

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 My 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!

