



My Self Care Plan

Created by
Amanda Gaston, MAT
(Zuni Pueblo)
for
Healthy Native Youth



www.healthynativeyouth.org



Text HEALTHY to 97779



My Self-Care Plan

Activity Purpose

The primary purpose of this activity is for youth to create a self-care plan that includes selecting positive self-talk statements.

Age Groups: Middle & High School Youth, Young Adults

Time: 25 minutes

Youth Will:

- **select** self-care activities and “positive self-talk statements
- **create** a self-care plan

Activity Outline	Core Content Components	Instructional Method	Timing
Welcome and Icebreaker	<ul style="list-style-type: none">• Welcome youth• Icebreaker	Minilecture	5 minutes Time varies
Introducing Activity Concepts	<ul style="list-style-type: none">• Self-Care Strategies	Minilecture	5 minutes
My Self-Care Plan Activity	<ul style="list-style-type: none">• <i>Handout: My Self-Care Plan Activity</i>• Share Self-Care Plans	Individual	5 minutes
		Small Group or Partners	5 minutes
Closing	<ul style="list-style-type: none">• Reflection on learning• Cultural Teaching (if time allows)	Large Group Reflection	5 minutes

Materials

- Timer or phone for keeping track of activity times
- Copies of Handouts
- Pencils/ pens
- Materials for opening/ closing cultural activity (poem, prayer, quote, ritual or ceremony description) - if time allows

Preparation

- Preview Lesson plan
- Preview the Handouts for this lesson to determine what is most appropriate for your youths' levels and your goals. Print enough copies of the lesson handouts for each youth
- Identify a culturally appropriate and relevant quote, poem, and prayer or short ritual to open or close the session with
- Consider inviting local mental health professionals to introduce themselves to folks and let them know of their services, fees (if applicable), hours, and location.



Welcome & Icebreaker

5 minutes
Large Group

Welcome Youth 2 minutes

Welcome participants, introduce yourself, and direct them 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 we can take care of ourselves in a more deliberate and hopefully more meaningful way."

Icebreaker

Time Varies

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



Intro Activity Concepts

5 minutes
Minilecture

Self-Care Strategies Creating My Self-Care Plan

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. It's important to talk about because 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.

And when we think about our health, we think about our mental, spiritual, physical, or social selves. When one of those areas is weak, we need to think about how we can give it a little love so that we are better balanced. "

Say, "Let's take a moment to think about where we are today. Are there things you could do to help strengthen your mental, spiritual, physical, or social selves? What immediately pops into your mind?"

Ask for volunteers to share with the group.



My Self-Care Plan Activity

5 minutes
Individual Activity

Distribute My Self-Care Plan Handout

Read or have a volunteer read the instructions.

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 too, if you'd like."

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 on the daily. 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."

Ask, "Any questions before we begin? Okay, I will give you five-minutes to complete your self-care plan."

Put timer on for 5 minutes. Give group a one-minute warning.

NAME:

DATE:

My Self-Care Plan



Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select *three* activities (from the list given, or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?

#1 Self-Care Activity

#2 Self-Care Activity

#3 Self-Care Activity

Example Self-Care Activities

Start an Art Journal, Dance, Write, Unplug, Take a Walk, List 3 Things I'm Grateful for, Pray, Talk to a Friend or Elder, Take a Shower, Cut my Nails, Do my Hair, Smudge, Breathing Exercises, Sweat, Traditional Art, Listen to Music, Sit by a Body of Water, Read a Book, Make a Funny Video, Connect with my Culture, Sing, Be Nice to Someone, Laugh, Volunteer, Look at Stars, Nap, Daydream, Speak My Language, Cook, Create Your Own...

How:

Where:

When, will I do this?:

How will I make sure this happens?

How:

Where:

When, will I do this?:

How will I make sure this happens?

How:

Where:

When, will I do this?:

How will I make sure this happens?

Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:

1. Listen - to what you say to yourself. Notice if it's mostly negative or positive.
2. Challenge - what you say to yourself. Would you say this to a friend?
3. Change - how you talk to yourself. Try asking yourself, "What can I do to help me do this"?

Instructions: Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:

You're here for a reason!





Share Self-Care Plans

5 minutes
Small Groups or Partners

Break Youth into
Small Groups or
Partners



Pro tip #1

Create a self-care plan yourself while youth are working. This shows youth that you find it important too!

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 youth to provide positive feedback to the person sharing, like; "Thank you for sharing. I like really like when (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 minutes
Large Group

Closing and Final Reflections

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."

Distribute the handout - What did I learn about Myself today? Encourage youth to reflect on what they've learned and how they can apply this as our next generation of Indigenous Leaders.

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 activity concept.

How did it go?

Let us know how your lesson went and if there's any edits or adjustments we can make. Thank you for all that you do for our youth!

[TA Feedback Form](#)



What did I learn about Myself today?

Imagine. Then draw, doodle, write, or record a video.

Journal
Space