



My Self Care Plan *for Elders & Adults*

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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 elders and adults to create a self-care plan that includes selecting positive self-talk statements.

Age Groups: Elders & Adults

Time: 25 minutes

Folks 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 elders & adults • Icebreaker 	Discussion	5 minutes Time varies
Introducing Activity Concepts	<ul style="list-style-type: none"> • Self-Care Strategies 	Discussion	5 minutes
My Self-Care Plan Activity	<ul style="list-style-type: none"> • <i>Handout: My Self-Care Plan Activity</i> 	Individual	5 minutes
	<ul style="list-style-type: none"> • Share Self-Care Plans • 	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 group. Print enough copies of the handout for each person
- Identify a culturally appropriate and relevant quote, poem, and prayer or short ritual to open or close the session with, or arrange with an elder for them to open and close the session
- 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 Folks 2 minutes

Welcome folks, introduce yourself, and direct them where to sit.

Say, "Thank you all for being here. Today we're going to talk about self-care, which has been a buzz word you might have heard about over these past couple years. While taking care of ourselves might 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. So, today we are going to do some activities that will help us to learn more about how to take care of ourselves in a deliberate and thoughtful 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.). This can be a fun way to kick the session off, or get to know folks you may have not meet before.



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. You may have noticed that this is a process that has changed throughout your lives. How we take care of ourselves affects the way we think, feel, as well as our sense of who we are and where our place is in this world."

Ask: "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.



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 us to look at the *My Self-Care Plan* handout. On the right of the handout you'll see that there is a list of example self-care activities. Read through them 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."

Say, "The second most important part of creating a self-care plan is to include positive self-talk statements. This might be a new concept for folks, but what we say to ourselves matters and can affect our mood and self-esteem. The idea behind positive self-talk statements is that we select things we can say to ourselves, on repeat, throughout the day, especially when we need a little

encouragement or a little self-love.

An important 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 and it's never too late to change the conversation."



My Self-Care Plan Activity

5 minutes
Individual Activity

Continued...

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 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.



My Self-Care Plan

#HealthyNativeYouth

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

How:

Where:

When, will I do this?:

How will I make sure this happens?

#2 Self-Care Activity

How:

Where:

When, will I do this?:

How will I make sure this happens?

#3 Self-Care Activity

How:

Where:

When, will I do this?:

How will I make sure this happens?

Example Self-Care Activities

Connect with my Culture, 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, 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, Daydream, Exercise, Sing, Play cards, Get a Haircut, Trim my Nails, Do Traditional Art, Volunteer, Eat with my relatives, Talk to a Counselor, Start a Journal, Look at the Stars, Pet a Horse, Talk with my grandkids, Say 'I love you', Smile with my Eyes, Help my Neighbor, Hug someone, or...Create My Own!

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:





Share Self-Care Plans

5 minutes
Small Groups or Partners

Break Folks up into
Small Groups or
Partners



Pro tip #1

Create a self-care plan yourself while folks are working. This shows others it's important to you too!

Have folks 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 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 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 a new habit."

Distribute the handout - What did I learn about Myself today? Encourage folks to reflect on what they've learned today and how this work might affect our next generation of Indigenous Leaders.

Mention the next meeting time and location, if applicable.

If time allows, close with a poem, song, story or tradition.

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, or write.

Journal
Space

