# 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?

<table>
<thead>
<tr>
<th>#1 Self-Care Activity</th>
<th>#2 Self-Care Activity</th>
<th>#3 Self-Care Activity</th>
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</thead>
<tbody>
<tr>
<td><strong>How:</strong></td>
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<td><strong>Where:</strong></td>
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<td><strong>When, will I do this?:</strong></td>
<td><strong>When, will I do this?:</strong></td>
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<td><strong>How will I make sure this happens?</strong></td>
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**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...

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**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:

Text
"Empower" to 94449

# Talking is Power
# Healthy Native Youth