



# My Self-Care Plan

#TalkingisPower

#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

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...

## 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

