



My Self-Care Plan

#Mind4Health
#HealthyNativeYouth

#SelfCare
#THRIVE

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

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!

Where:

When, will I do this?:

How will I make sure this happens?

Where:

When, will I do this?:

How will I make sure this happens?

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:

