

WELLBEING PLAN TOOL

The first step is acknowledging the importance of having a wellbeing plan, identifying what a plan may include, and developing a plan for self-care that is meaningful to you.

The most important step is implementing the plan. There are many potential challenges when implementing a self-care plan. It is important to examine what prevents you from prioritizing your self-care and specifically engaging in a self-care plan.

DIMENSIONS OF SELF CARE

PHYSICAL

Activities that help you to stay fit and healthy and provides you with enough energy to get through your work and personal commitments.

SOCIAL

Connections that help you maintain healthy, supportive relationships.

ENVIRONMENTAL

Choosing environments that support your safety and stability and give the opportunity to remain regulated.

PSYCHOLOGICAL

Activities that help you to feel clear-headed and able to intellectually engage with challenges in your work and personal life.

CULTURAL/SPIRITUAL

Having perspective beyond the day-to-day of life and connection to your cultural practices and to others.

Self-Directed Wellbeing Plan

This simple checklist can help you reflect on ways to consciously focus on yourself and consider new ways to support your wellbeing. It is also helpful to see if you are focusing only on one domain to the exclusion of others.

Domain	What I do now	What I will do	Support I need to action	When I will check in on this domain
Psychological				
Physical				
Cultural/Spiritual				
Environmental				
Social				