

My Personal Wellness Plan: Supporting Self-Care

<u>What does it look like when I'm well?</u> Physical? Emotional? Intellectual? Spiritual?	<u>What does it look like when I'm not well?</u> Physical? Emotional? Intellectual? Spiritual?
<u>Warning signs (internal)</u>	<u>Triggers (external)</u>
<u>My supports</u> Primary: Secondary: Relationships I want to strengthen:	<u>When things are breaking down</u>
<u>Plan of Action: How do I get back to well?</u>	<u>What do I need from others?</u>

What does it look like when I'm well?

- Eating three meals a day
- Getting to bed by a regular time
- Drinking plenty of water
- Taking my medications
- Exercising
- Doing a relaxation exercise
- Talking to a friend on the phone
- Taking vitamins
- Socializing

What does it look like when I'm not well?

- Not eating or emotionally eating
- Staying up too late or not sleeping enough
- Not taking my medications
- Not exercising
- Feeling tense or restless
- Negative thoughts
- Isolating from others
- Avoiding socializing
- Not showering or taking care of myself
- Increased irritability
- Road rage
- Taking my stress out on my family
- Ignoring my partner's needs
- Numb

Warning Signs

- Anxiety
- Nervousness
- Forgetfulness
- Loss of pleasure
- Change in sex drive
- Being uncaring
- Avoiding others
- Increased negativity
- Not keeping appointments
- Changes in appetite
- Restlessness
- Feeling slowed down or going too fast
- Lack of motivation

Triggers

- Anniversaries of trauma
- Watching the news
- Politics
- Holidays
- Social situations
- Family conflict
- The end of a relationship
- Being judged, criticized, teased or put down
- Financial problems or stress
- Physical illness
- Sexual harassment
- Being yelled at, called names
- Aggressive behaviors in others
- Certain smells, tastes, noises
- Phrases such as "we need to talk"
- Being approached by strangers
- Witnessing or experiencing sexual objectification

My Supports

When identifying supports, ask yourself:

- Who will answer if I call them late in the night?
- Who can come if I need them?
- Who can listen if I need them to?
- Who can help me problem solve?
- Who can I trust?

When things are breaking down

- Feeling oversensitive and fragile
- Not getting out of the house/going to work
- Not taking care of personal hygiene
- Feeling very needy
- Being unable to sleep
- Avoiding eating
- Sleeping all the time
- Wanting to be totally alone
- Substance use
- Increased at-risk behaviors (sex, self-harm)
- Chain smoking
- Eating too much/binge eating

Plan of Action

- Call my doctor or mental health provider
- Talk to a support
- Arrange for someone to be with me until my symptoms subside
- Make sure I'm doing a daily routine
- Write in my journal
- Take my medications
- Shower at least ____ times per week
- Eat at least ____ times per day
- Get outside at least ____ times per week

What do I need from others?

- Listen to me without judging or giving me advice
- Hold me (how long, how so?)
- Let me pace
- Encourage me to move, help me move
- Give me space to express my feelings
- Don't talk to me (or do talk to me)
- Encourage me and reassure me
- Make sure I take my vitamins and medications
- Play me funny videos
- Play me good music
- Just let me rest

NOTES: