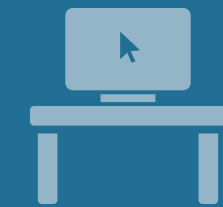


Self-Care Sustainability Plan

Self-Care requires us to build and maintain realistic daily practices. Setting goals that are empowering and are based in self-compassion are key when developing our plan. Building individualized self-care plans help us to identify our needs and integrate practices that allow us to maintain a work/life balance and live full lives.



"When you say yes to other people make sure you are not saying no to yourself"
-Paulo Coelho



#1

Body

Example: Incorporating 10 Minutes of Movement Daily

- 1.
- 2.
- 3.
- 4.
- 5.

#2

Mind

Example: Listening to a Positive TED Talk Weekly

- 1.
- 2.
- 3.
- 4.
- 5.

#3

Soul

Example: Practicing Meditation for Five Minutes Daily

- 1.
- 2.
- 3.
- 4.
- 5.

#4

Social

Example: Meeting with Friends Virtually Once a Month

- 1.
- 2.
- 3.
- 4.
- 5.

#5

Professional

Example: Maintaining Boundaries by Only Checking Email during Work Hours

- 1.
- 2.
- 3.
- 4.
- 5.

Need some self-care support? Reach out to the Sanar team to learn about additional customized wellness solutions for organizations.