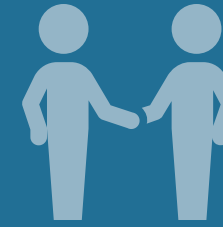


Self-Care Sustainability Plan

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.

This handout was produced under Project TRUST 2018-VT-BX-K015, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this program flyer are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.