

SELF-CARE ACTION PLAN

List a coping skill or protective factor for each dimension.

Emotional: _____

Ex. When I'm feeling sad, I will call a friend or therapist.

Financial: _____

Ex. I will save \$50 per paycheck to ease expenses at the holidays.

Social: _____

Ex. I will attend a play with a friend.

Spiritual: _____

Ex. I will wake up 20 minutes early twice a week to meditate or pray.

Occupational: _____

Ex. I will join or create a Wellness Committee at work.

Physical: _____

Ex. I will create a sleep hygiene routine with the goal of getting more sleep.

Intellectual: _____

Ex. I will take a class on Khan Academy.

Environmental: _____

Ex. I will buy a plant for my desk.

8 DIMENSIONS OF WELLNESS (SAMHSA)

