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# SELF-CARE PLAN DEVELOPMENT WORKBOOK





## Welcome to the **Informal Caregivers' Self-Care Plan Workbook!**

The goal is to support informal caregivers in their journey towards improved mental and physical health through the practice of self-care. You will find valuable tools, tips, and examples on exercising self-care with guidance on building your personalized self-care plan.

The workbook covers 6 topics:

1. What self-care is and why it is important;
2. Physical self-care;
3. Psychological and emotional self-care;
4. Social self-care;
5. Taking time for leisure;
6. Building own self-care plan.



## SELF-CARE:

- prioritizing our physical, emotional, and psychological well-being.
- actively nurturing and addressing our own needs which enhances our ability to provide care for others.
  - **Physical self-care:** taking care of our physical health through exercise, proper nutrition, adequate sleep, and regular medical check-ups.
  - **Psychological and emotional self-care** nurturing our mental and emotional well-being - practising stress management, mindfulness and meditation, self-reflection, and seeking support when needed.
  - **Social self-care** maintaining healthy relationships, setting boundaries, and seeking social support from friends, family, or support groups.
  - **Leisure and recreation:** engaging in activities that bring us joy and relaxation is essential for rejuvenation and personal fulfilment.

**It's essential to tailor our self-care plan to suit our unique needs, preferences, and circumstances.**

**Understanding the concept of self-care forms the foundation for recognizing its importance in your life as an informal caregiver.**

# WHAT SELF-CARE IS AND WHY IT IS IMPORTANT

- ✓ Self-care is not selfish - it is a necessary component of being an effective and resilient caregiver.
- ✓ By prioritising self-care you are benefiting yourself and enhancing the quality of care you provide to your loved ones. You are better equipped to meet the challenges of caregiving and maintain a healthy balance in your life.

*Self-care*  
**IS EMPOWERMENT**

# THE MOST IMPORTANT TIPS AND RECOMMENDATIONS

Create the needed space for self-care:

## Acknowledge the Importance of Self-Care

Recognize that taking care of yourself is not selfish but necessary for maintaining your own well-being and providing better care to your loved one with dementia.



## Seek Support

Ask for help from family members, friends, or support groups.



## Plan and Organize

Schedule regular breaks and make a daily or weekly plan that includes time for self-care activities (self-care plan).



## Look into Respite Care options

These are services that provide temporary care for the person with dementia, giving you a break from your caregiving responsibilities.



## Set Boundaries

Establish clear boundaries with family members, friends, and even the person with dementia regarding your caregiving role and your need for personal time.



## Delegate Responsibilities

If possible, delegate certain caregiving tasks to others, allowing you more time for self-care.



## Education and Skill Development

Consider participating in workshops or training sessions related to dementia caregiving. Gaining knowledge and skills can boost your confidence and effectiveness as a caregiver.



## Consult Professionals

Reach out to healthcare professionals or counsellors to talk about your challenges and feelings. They can provide valuable advice and emotional support.



## Respect Your Limits

Know your limitations and be realistic about what you can handle. Overextending yourself can lead to burnout, so it's essential to set reasonable expectations.



## Practice Self-Compassion

Be kind to yourself and avoid self-criticism. Understand that caregiving can be challenging, and it's okay to feel overwhelmed at times.



# THE MOST IMPORTANT TIPS AND RECOMMENDATIONS



**Seek professional help when needed** (e.g., psychotherapy): recognize the signs of emotional distress and seek professional help when other self-care practices don't work. Individual therapy, or counselling can be immensely beneficial in promoting the caregiver's overall well-being.

# THE MOST IMPORTANT TIPS AND RECOMMENDATIONS

## Search for financial assistance:



**Government Social Services:** caregiver allowances, respite care funding, and home-based services.



**Carer's Allowance:** a specific caregiver's allowance or benefit designed to provide financial support.



**Disability Benefits:** If the person with dementia has a recognized disability, caregivers might be eligible for disability-related benefits that provide financial aid.



**Long-Term Care Insurance:** Long-term care insurance policies may cover certain caregiving expenses, including those related to dementia care.



**Employment Benefits:** Some employers offer caregiver support benefits, flexible work arrangements, or employee assistance programs that can help caregivers balance work and caregiving responsibilities.



**Local Charities and Non-Profits:** Various charitable organizations and non-profits may offer financial assistance, grants, or services specifically tailored to dementia caregivers.



**Respite Care Funding:** Respite care services, which provide temporary relief for caregivers, might be funded by government agencies or charitable organizations.



**Pension Systems:** Some pension systems may include provisions for caregivers, allowing them to receive benefits while providing care.

# YOUR PERSONALIZED SELF-CARE PLAN

The workbook introduces you to a range of tools, techniques, practices or exercises that can assist you in your self-care journey.

The **core purpose** is to **guide you in building your own self-care plan**:

- Follow a **step-by-step approach** - empowers you to **create a self-care plan** that aligns with your unique needs and circumstances.
- Develop a comprehensive self-care plan** that covers various dimensions of your well-being.
- Gain knowledge** how to take care of your **physical, psychological/emotional, social and leisure needs** effectively.
- Take the time to **reflect on your current self-care practices**, **set meaningful goals**, and **identify activities that bring you joy and fulfilment**.



— Self-care is an **ongoing journey**, and this workbook is designed to **support you every step of the way.** —



# PHYSICAL SELF-CARE

# PHYSICAL SELF-CARE



Prioritising physical well-being sets the foundation for other aspects of self-care. Starting with basic needs such as **regular eating, sufficient sleep, exercise,** and **proper body care** can serve as a solid starting point.

Physical self-care is an active decision-making process and requires **being attentive to the body's signals and responding appropriately:**

- **valuing the body,**
- **taking its condition and needs seriously, and**
- **actively contributing to overall well-being.**

Starting with basic needs such as **regular eating, sufficient sleep, exercise,** and **proper body care** can serve as a solid starting point.

# USEFUL TIPS FOR PHYSICAL SELF-CARE



## Engage in Regular Exercise

Incorporate regular exercise into your routine to support your physical health and manage stress. Find activities that you enjoy and that suit your abilities.



## Practice Relaxation Techniques

Incorporate relaxation techniques into your daily routine, such as deep breathing exercises and progressive muscle relaxation.



## Take Regular Walks

Make it a habit to go for short walks, especially after meals or during your lunch breaks. Walking not only aids digestion but also provides a refreshing break from caregiving responsibilities, allowing you to recharge.



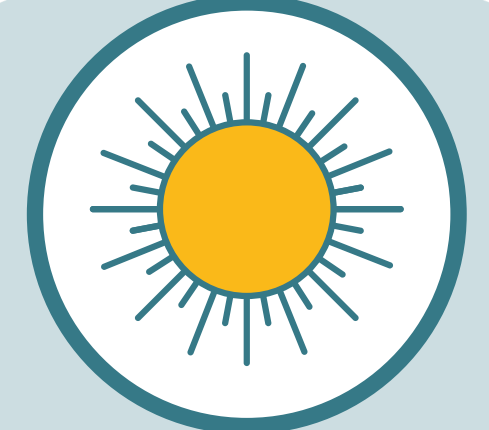
## Focus on Nutrition

Pay attention to your dietary choices and aim for a balanced and nutritious diet.



## Prioritise Sufficient Sleep

Establish a consistent sleep routine and create a sleep-friendly environment to promote restful sleep and rejuvenation.




## Seek Sunlight Exposure

Spend time outdoors to benefit from sunlight exposure. Sunlight helps with vitamin D synthesis and plays a role in regulating mood.

# TOOLS, EXERCISES AND TECHNIQUES FOR PHYSICAL SELF-CARE



**TOOL**



**Platforms for better sleep**

It aims to improve the quality of sleep and create healthy habits so that people can get their best sleep.

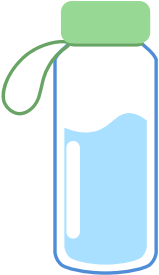
**EXERCISE**



**Eat your veggies**

It gives an orientation on what to consider when trying to eat healthy.

**TOOL**



**Water bottle with time scale**

Reminds to drink enough water and stay hydrated.



# PSYCHOLOGICAL AND EMOTIONAL SELF-CARE



**Caregiving can be demanding** and **stressful**, affecting you on every level. Research shows that supporting dependent family members can significantly **impact your quality of life, particularly your mental health**. The strain may lead to anxiety, panic, depression, and loneliness, even manifesting in physical symptoms.

Coping and adaptation strategies play a key role in determining your psychological and emotional exhaustion. Amidst these challenges, finding time for emotional and psychological self-care becomes challenging yet vital. While exercise, diet, and sleep are essential for health, emotional and psychological well-being must not be overlooked. Incorporating practices, such as **meditation, reflection,** and **connecting with nature**, can provide much-needed support and nourishment. By cultivating emotional and psychological self-care and also spiritual self-care you can **improve your overall health and happiness**, finding a balance between supporting your loved ones and taking care of yourself.

# USEFUL TIPS FOR PSYCHOLOGICAL AND EMOTIONAL SELF-CARE



## Do not suppress or ignore your feelings

Acknowledge and express your emotions. Anxiety, sadness, fear, and frustration are normal responses to demanding situations.



## Understand your emotional needs

Recognize your needs to maintain your well-being amidst challenging circumstances.



## Set boundaries

Establish and uphold boundaries between caregiving and other responsibilities to prevent burnout. Don't neglect important relationships in your life.



## Engage in positive self-talk

Practice self-compassion and speak to yourself in a positive manner to improve emotional well-being.



## Embrace quiet time

Take moments to rest and recharge for better emotional health.



## Focus on what you can control and accept what you cannot

Seek support through counselling, professional help, or support groups.

# USEFUL TIPS FOR PSYCHOLOGICAL AND EMOTIONAL SELF-CARE



## Meditate

Calm your mind, reduce stress, and find inner peace through meditation.



## Connect with nature

Spend time in nature to experience awe and wonder.



## Check Websites

Explore articles, videos and other resources in the field of Spirituality & Health to work on your growth and well-being.



## Read Books

Search for books that will help your mental well-being.

# TOOLS, EXERCISES AND TECHNIQUES FOR SOCIAL SELF-CARE

## TOOL



### Meditation and Mindfulness

The objective is to clear your mind, reduce stress and get centred. It helps people to relate with emotions in a healthy way. Emotions are a natural part of life, but when negative emotions dominate, they may create a lot of suffering. Meditation and mindfulness allow ourselves to feel them, but practice not letting them affect our lives. It provides assistance by soothing your negative emotions, bringing you calmness and balance.

## TOOL



### Art Therapy

It helps informal caregivers to process and manage the stress and anxiety that may come with caregiving. By engaging in creative expression, individuals can gain new insights, find new ways to manage stress and cope with the demands of caregiving, and improve their overall emotional well-being. It can help individuals to improve their communication skills and gain a deeper understanding of their experiences and emotions.

## TOOL



### Live Happy

This tool aims to introduce you to the happiness-promoting activities of positive psychology that may help you improve the quality of your life.

## EXERCISE



### “Journaling” and other Artistic and Imaginative Expression

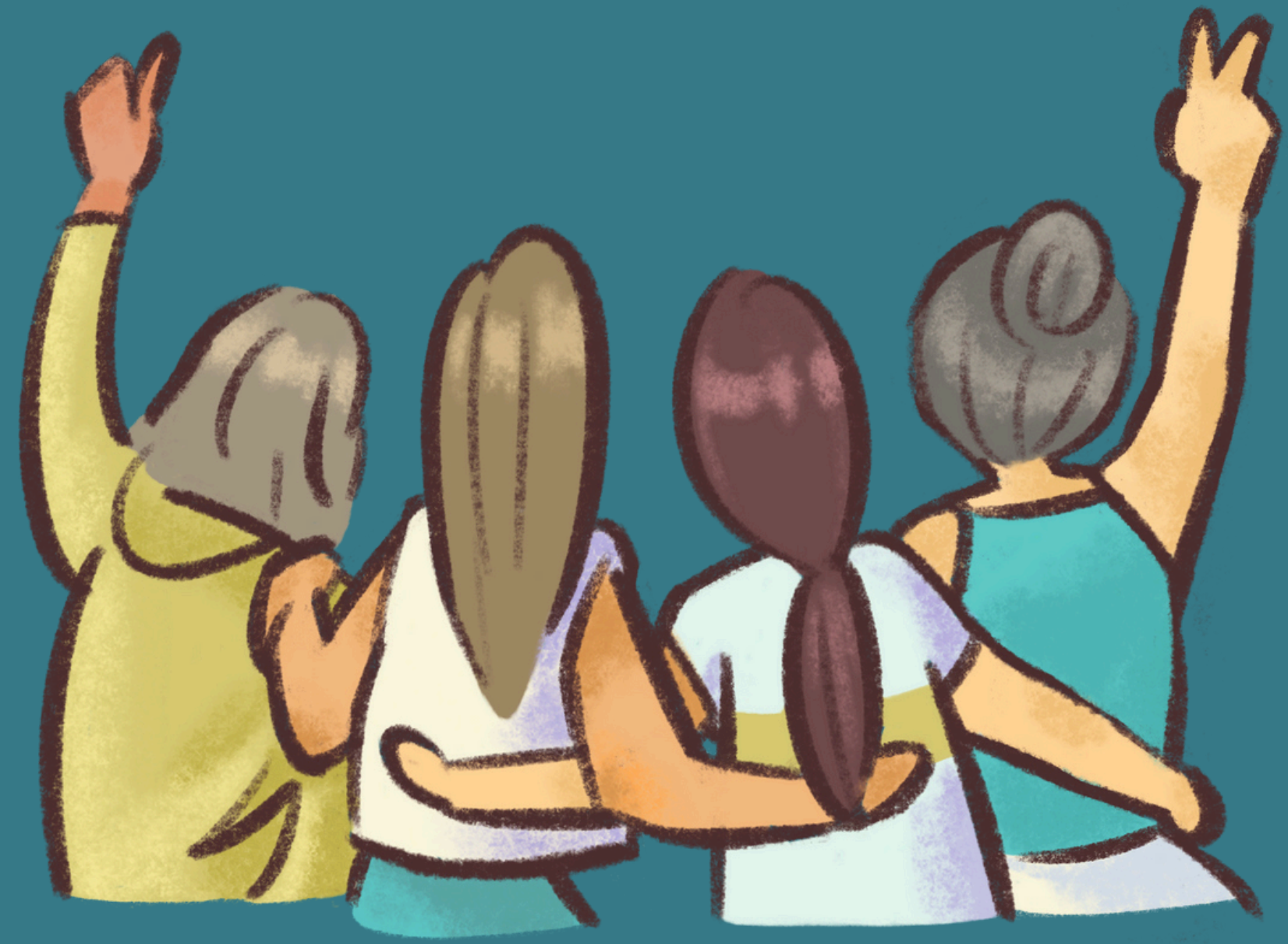
Serves as powerful tools and the goal is to provide an outlet for self-expression, allowing individuals to explore their thoughts, emotions, and inner world in a safe and non-judgmental space. Whether through writing or creative art forms, these practices encourage individuals to delve into their subconscious, gain self-awareness, and foster a deeper connection with themselves.

## TECHNIQUE



### Time Out

It helps you relax and calm down. The goal is to take some time off from an issue in order to recognize it and be able to deal with it. You can address your feelings and gain the necessary energy and clarity to deal with it or push through it.



# SOCIAL SELF-CARE

## SOCIAL SELF-CARE



Social isolation leads to a reduction in the possibility of receiving positive reinforcement, support and help from others, and this can have a major impact on mood. All these factors significantly increase the risk of developing caregiver burden.

It is therefore of **paramount importance to promote the socialisation of the carers** in order to cultivate an important protective factor and to **strengthen the carers' resources**.

# USEFUL TIPS FOR SOCIAL SELF-CARE



## Caregiver support groups and community programs

Joining a support group can provide an opportunity to connect with others who understand the challenges they face and to share tips for self-care. It can be helpful to find a space where you can open up and feel that you are not alone.



## Keep in mind your social health

Remember that isolation comes gradually, often without even realising it. It is important to keep one's social well-being in mind and not forget to cultivate it, even if only with small gestures.



## Protect social time

It is useful to plan social time during the week, to be renounced only in an emergency. It is probable that you will have to deal with requests from the context and persistent demands from the person with dementia you care for, but it is important to stick to your plans whenever possible.



## Surround yourself with understanding people

Among family and friends who are close to you, try to spend more time with those who are sympathetic to your situation, with whom you can open up and also show your difficulties.

# TOOLS, EXERCISES AND TECHNIQUES FOR SOCIAL SELF-CARE

## TOOL



### Digital caregiver academy

The goal of this platform is to be a reference point for caregivers or people with dementia and to create a dementia friendly environment.

## TOOL



### The Facebook group "Family caregivers"

The objective of the group is to promote socialisation between family carers, exchange useful information and offer mutual support.

## TOOL



### Care for a cuppa (UK)

The aims of this project are to promote socialization and the creation of bond of friendship between caregivers, to make them feel connected and part of a meaningful group.

## EXERCISE



### Participating in an Alzheimer's café with your loved one

Socialising, getting to know other carers, exchanging opinions, experiences and strategies, seeing one's own emotional experiences validated, discovering that beyond the illness there are people with interesting life stories.

## TECHNIQUE



### Self-help and support group for caregivers/Caregiver community

Receiving and providing psychological support and establishing meaningful relationships with a group of people sharing the same situation.



**TAKING TIME FOR LEISURE**

## TAKING TIME FOR LEISURE



Engaging in leisure activities can **improve mood, reduce symptoms of anxiety and depression**, and **increase feelings of happiness and contentment**. They also **improve cognitive function** and delay age-related decline. It also provides opportunities for **social interaction** and **strengthen relationships** with friends and family.

# USEFUL TIPS FOR TAKING TIME FOR LEISURE



### Ask for Respite care

Respite care services provide temporary relief for informal caregivers, allowing them to take time for themselves and engage in leisure activities.



### Engaging in hobbies

Engaging in hobbies or activities that are enjoyable and fulfilling, such as reading, crafting, or playing music, gardening can provide informal caregivers with a much-needed break from their caregiving duties.



### Spending time with friends and family

Spending time with loved ones can help informal caregivers maintain a sense of connection and support.



### Taking breaks and vacations

Taking short breaks or longer vacations can help informal caregivers recharge, refresh, and maintain their overall well-being.

# TOOLS, EXERCISES AND TECHNIQUES FOR TAKING TIME FOR LEISURE

## TOOL



### Calendars and reminders to prioritise leisure activities

Setting aside dedicated time for leisure activities, such as exercise or hobbies, and scheduling them into your calendar can help ensure that you make time for leisure. Reminders can also be set to ensure that you stick to your schedule.

## SERVICE



### Respite Care services

To provide caregivers with a temporary break from their caregiving duties, allowing them to rest, recharge, and engage in self-care activities.

## TOOL



### Music Therapy

Music therapy can be a powerful tool for informal caregivers, providing them with a creative and therapeutic outlet to reduce stress, enhance mood, and improve overall well-being

## EXERCISE



### Comedy breaks

The objective of incorporating comedy breaks for informal caregivers is to provide moments of light-heartedness, laughter, and stress relief. These breaks aim to temporarily shift the focus away from caregiving responsibilities, allowing caregivers to relax, unwind, and enjoy a brief respite.



# BUILDING OWN SELF-CARE PLAN



To determine the areas requiring assistance, understanding how this management is perceived and identifying needs for support or interventions is crucial.

**Effective self-care** comprises two core elements:

- Firstly, the **vital ability for self-reflection**.
- Secondly, **achieving self-care involves taking targeted measures to enhance overall well-being**.

Commencing a **self-care plan should align with present needs and the dementia stage**. Early interventions are valuable when focused on transitioning from partner/family member to caregiver, involving caregivers in customizing interventions to current needs.

# USEFUL TIPS FOR BUILDING OWN SELF-CARE PLAN



### Prioritize Activities

Identify activities that bring you joy and relaxation.



### Use SMART method when setting goals

SMART is an acronym for: Specific, Measurable, Achievable, Realistic and Timely.



### Set Realistic Goals

Ensure your plan fits your schedule and abilities



### Adapt Regularly

Adjust your plan as your needs change.



### Celebrate Successes

Acknowledge and reward your self-care achievements.



### Time Management

Organize tasks to avoid becoming overwhelmed.



### Facilitators to self-care

Two features enable self-care in informal caregivers – self-worthiness and self-efficacy. .



We've prepared a helpful tool called the **Self-Care Canvas** (Tool 1) to assist you in creating your personal self-care plan. Your first step is to **complete the Self-Care Canvas**, which will guide you in understanding your challenges, needs, and goals. This will give you a clear picture of your current self-care status and help you identify suitable self-care activities and sources of support.

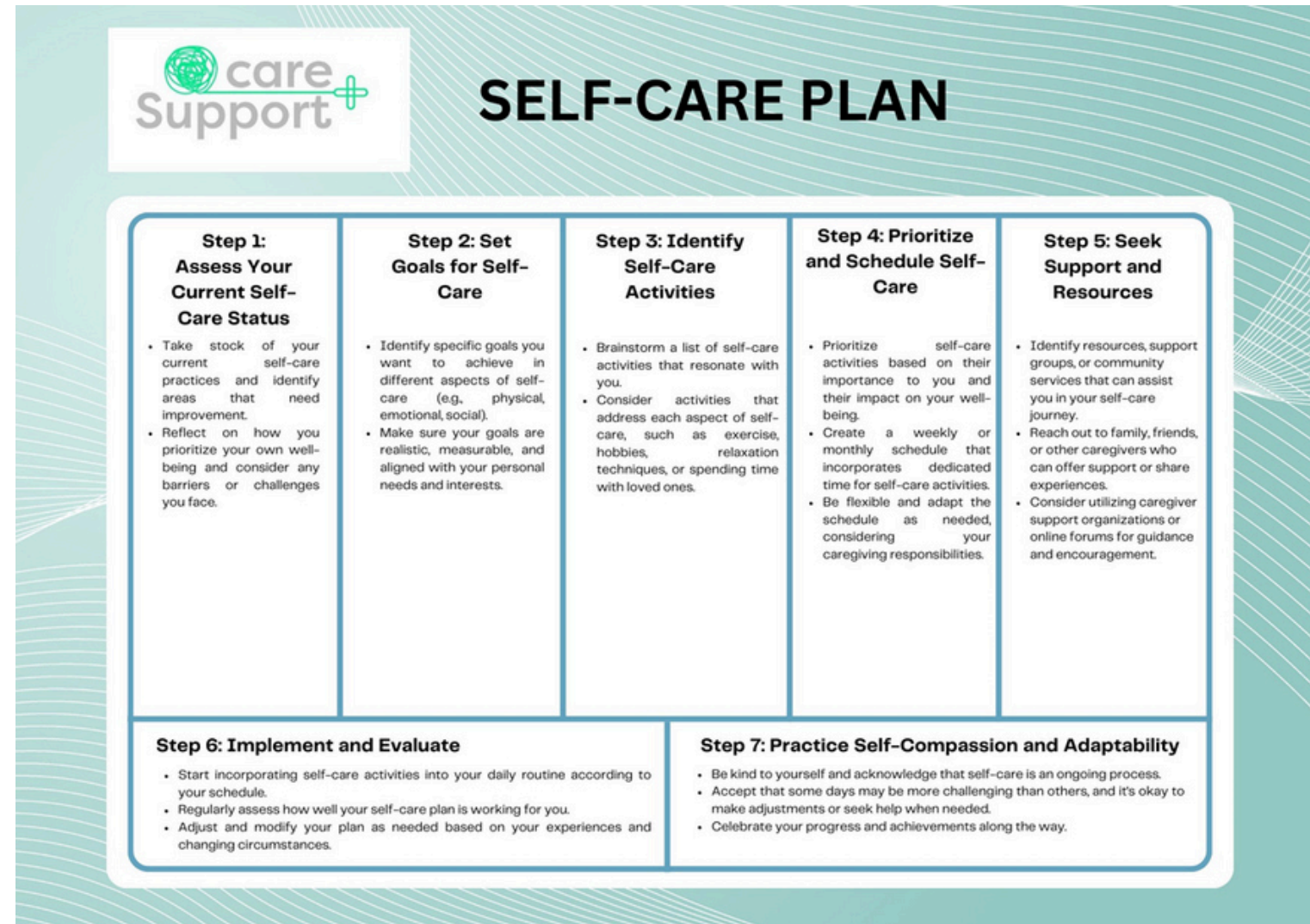
Consider the Canvas **as your starting point**. It provides valuable insights into your situation and aspirations. **Once your Canvas is filled, you can initiate your self-care journey.**

After completing the Canvas, you can proceed to **use the checklists** (Tool 2, 3, 4) to implement self-care activities. Choose the checklist that resonates best with your identified activities. If none seem suitable, you can create a customized checklist using the provided example.

Best wishes on your self-care journey. Embarking on this path is significant, and we're here to support you from the beginning.

# BUILDING OWN SELF-CARE PLAN

## TOOL 1



The image shows a 'SELF-CARE PLAN' canvas template. It features a header with the 'care Support' logo and the title 'SELF-CARE PLAN'. The canvas is divided into seven numbered steps, each with a title and a list of bullet points. Step 1: Assess Your Current Self-Care Status. Step 2: Set Goals for Self-Care. Step 3: Identify Self-Care Activities. Step 4: Prioritize and Schedule Self-Care. Step 5: Seek Support and Resources. Step 6: Implement and Evaluate. Step 7: Practice Self-Compassion and Adaptability.

Step 1: Assess Your Current Self-Care Status	Step 2: Set Goals for Self-Care	Step 3: Identify Self-Care Activities	Step 4: Prioritize and Schedule Self-Care	Step 5: Seek Support and Resources
<ul style="list-style-type: none"><li>Take stock of your current self-care practices and identify areas that need improvement.</li><li>Reflect on how you prioritize your own well-being and consider any barriers or challenges you face.</li></ul>	<ul style="list-style-type: none"><li>Identify specific goals you want to achieve in different aspects of self-care (e.g., physical, emotional, social).</li><li>Make sure your goals are realistic, measurable, and aligned with your personal needs and interests.</li></ul>	<ul style="list-style-type: none"><li>Brainstorm a list of self-care activities that resonate with you.</li><li>Consider activities that address each aspect of self-care, such as exercise, hobbies, relaxation techniques, or spending time with loved ones.</li></ul>	<ul style="list-style-type: none"><li>Prioritize self-care activities based on their importance to you and their impact on your well-being.</li><li>Create a weekly or monthly schedule that incorporates dedicated time for self-care activities.</li><li>Be flexible and adapt the schedule as needed, considering your caregiving responsibilities.</li></ul>	<ul style="list-style-type: none"><li>Identify resources, support groups, or community services that can assist you in your self-care journey.</li><li>Reach out to family, friends, or other caregivers who can offer support or share experiences.</li><li>Consider utilizing caregiver support organizations or online forums for guidance and encouragement.</li></ul>
<b>Step 6: Implement and Evaluate</b> <ul style="list-style-type: none"><li>Start incorporating self-care activities into your daily routine according to your schedule.</li><li>Regularly assess how well your self-care plan is working for you.</li><li>Adjust and modify your plan as needed based on your experiences and changing circumstances.</li></ul>		<b>Step 7: Practice Self-Compassion and Adaptability</b> <ul style="list-style-type: none"><li>Be kind to yourself and acknowledge that self-care is an ongoing process.</li><li>Accept that some days may be more challenging than others, and it's okay to make adjustments or seek help when needed.</li><li>Celebrate your progress and achievements along the way.</li></ul>		

[CLICK HERE TO DOWNLOAD SELF-CARE CANVAS](#)



A canvas is a visual tool or template that helps individuals and also informal caregivers to organize and plan their self-care activities. Follow next steps:

- ✓ **Read Carefully:** Review each self-care step on the canvas.
- ✓ **Reflect:** Consider how each step applies to your caregiving role.
- ✓ **Connect:** Understand the importance of each practice for your well-being.
- ✓ **Customize:** Adapt the steps to match your unique preferences and needs.
- ✓ **Prioritize:** Select the top strategies that resonate with you the most.
- ✓ **Seek Support:** Discuss your self-care plan with a friend, family member, or support group.
- ✓ **Record:** Write down your chosen practices on the canvas.
- ✓ **Display:** Place the completed canvas where you'll see it daily.
- ✓ **Adjust:** Modify your plan as your caregiving journey unfolds.
- ✓ **Review:** Regularly revisit and update your self-care plan.
- ✓ **Be Kind:** Remember, taking care of yourself is a vital part of caregiving.

**Write all your findings in the blank space below each step.**

# BUILDING OWN SELF-CARE PLAN

## TOOL 2



The form is titled "SELF-CARE CHECKLIST" and features a grid of 10 self-care activities, each with seven empty circles for tracking completion from Monday to Sunday. Below the grid is a "NOTES" section with three horizontal lines for writing.

	M	T	W	T	F	S	S
Meditate for 10 min	○	○	○	○	○	○	○
Deep breathing	○	○	○	○	○	○	○
Walk for at least 15 min	○	○	○	○	○	○	○
Talk to friends	○	○	○	○	○	○	○
Journal for 15 min	○	○	○	○	○	○	○
Read a book	○	○	○	○	○	○	○
Exercise or run for 30 min	○	○	○	○	○	○	○
Eat more fruits and vegetables	○	○	○	○	○	○	○
Practice relaxation techniques	○	○	○	○	○	○	○
Engage in a creative activities	○	○	○	○	○	○	○
7-8 hours of sleep	○	○	○	○	○	○	○

NOTES

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[CLICK HERE TO DOWNLOAD SELF-CARE CHECKLIST](#)



Follow next steps:

- Begin by thoroughly **reading through the checklist** of self-care activities provided below.
- Each day, your task is to carefully **select at least one activity that you find resonates with you the most**. As you progress through your day, ensure that you actively complete the self-care actions you've chosen.
- Once you've successfully finished an activity, **take a moment to colour the circle that accompanies it**. The purpose of this visual cue is to assist you in tracking your daily self-care accomplishments. **Strive to colour in at least one circle every day**, signifying your dedicated commitment to your well-being.
- Embrace this method as a means to achieve a harmonious balance in your self-care routine**, allowing you to explore and experience various activities over time. Be open to adapting and adjusting your selections based on your evolving preferences and changing needs.

## TOOL 3

### Daily Self-Care

Physical Body	M	T	W	T	F	S	S
Hydrate - 8 glasses of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pamper yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy a little sunlight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7-8 hours sleep nightly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Emotional Heart	M	T	W	T	F	S	S
Set healthy boundaries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monitor your thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Express your creativity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time in nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice self-compassion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[CLICK HERE TO DOWNLOAD  
DAILY SELF-CARE CHECKLIST](#)



Follow next steps:

- ✓ Every day, your self-care journey involves **selecting one activity from** both the **Physical Body** and **Emotional Heart** categories that most resonates with you in that moment. Your primary goal is to ensure **a minimum of one activity is accomplished** from each category daily.
- ✓ After successfully engaging in an activity, simply colour the **adjacent circle to mark its completion**. Aim to **colour at least two circles each day**. This visually engaging method serves as an effective self-care tracker, allowing you to tangibly observe the self-care steps you've taken.
- ✓ **Embrace this empowering approach** to enhance your well-being and maintain a consistent self-care practice.

# BUILDING OWN SELF-CARE PLAN

## TOOL 4

### 30-DAY SELF-CARE CHALLENGE

<input type="checkbox"/> Set a personal goal for the month	<input type="checkbox"/> Practice deep breathing or meditation for 10 minutes	<input type="checkbox"/> Write a list of 10 things you're grateful for	<input type="checkbox"/> Take a walk outside	<input type="checkbox"/> Be kind to yourself and acknowledge that caregiving can be challenging
<input type="checkbox"/> Call or text a friend to catch up	<input type="checkbox"/> Take time for a healthy meal	<input type="checkbox"/> Practice yoga or gentle stretching	<input type="checkbox"/> Write a positive affirmation and repeat it throughout the day	<input type="checkbox"/> Create a relaxing bedtime routine
<input type="checkbox"/> Journal about your thoughts and feelings	<input type="checkbox"/> Set aside time for your favorite hobby	<input type="checkbox"/> Give yourself a compliment	<input type="checkbox"/> Give yourself permission to make mistakes	<input type="checkbox"/> Listen to your favorite music or a calming playlist
<input type="checkbox"/> Practice mindfulness while doing everyday tasks	<input type="checkbox"/> Engage in activities outside of caregiving	<input type="checkbox"/> Read a book or watch a movie that inspires you	<input type="checkbox"/> Explore a new relaxation method, like spiritual yoga	<input type="checkbox"/> Take a power nap or restorative break
<input type="checkbox"/> Create a vision board or list of personal goals	<input type="checkbox"/> Visit organized local groups of informal caregivers	<input type="checkbox"/> Treat yourself to a small indulgence	<input type="checkbox"/> Reflect on your accomplishments and growth	<input type="checkbox"/> Connect with nature by visiting a park, beach, or forest
<input type="checkbox"/> Share your experiences with someone who has similar situation	<input type="checkbox"/> Set boundaries to protect your energy and time	<input type="checkbox"/> Establish a morning routine that energizes you	<input type="checkbox"/> Practice self-compassion	<input type="checkbox"/> Review your progress and celebrate your achievements

Embark on a transformative 30-Day Self-Care Challenge by engaging in the following activities. Follow next steps:

- Your objective is to **accomplish at least one task from this list each day.**
- Over the course of 30 days, you'll have successfully undertaken all the activities.  
**Upon completion of an activity, mark a tick in the box located at the top left corner of the activity.** This intuitive approach serves as an effective tracker, enabling you to easily monitor the self-care tasks you've fulfilled.

[CLICK HERE TO DOWNLOAD  
30-DAY SELF-CARE CHALLENGE](#)



website:

<https://www.supportcare-project.eu/>

e-mail: [supportcare-project@kmop.org](mailto:supportcare-project@kmop.org)



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