

Self-Care

ACTION PLAN

FOR HEALTH PROFESSIONALS

What is a Self-Care Action Plan?

*“Fill your cup now, before
it gets empty.”*

A **PROACTIVE** and **INTENTIONAL** approach to self-care.

A template crafted to assist you in achieving your
personalized self-care objectives.

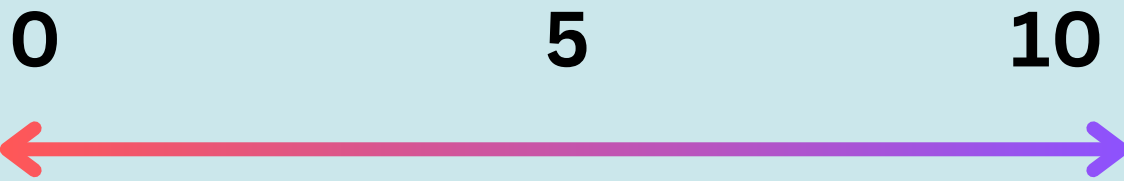
Benefits of a Self-Care Action Plan:

- Burnout Prevention
- Improved Mental Health
- Better Physical Health
- Improved Work-Life Balance
- Stronger Support Network
- Enhanced Focus & Productivity
- Personal Growth
- Empowerment



Step 1: Rate your Stress Level

How would you rate your stress on a scale of 0-10? _____



No Stress

Moderate Stress

Extreme Stress

Where would you like your stress level to be? (i.e., *baseline/manageable*) _____



No Stress

Moderate Stress

Extreme Stress



The 8 Domains of Self-Care

1. Intellectual
2. Emotional
3. Environmental
4. Physical
5. Spiritual
6. Financial
7. Community
8. Occupational



Craft a comprehensive self-care plan by exploring **people, programs, and activities (P.P.A)** within each domain.

Step 2: Identify which domain contributes most to your stress levels?

Consider the following prompts.

01. Intellectual

- Do you find yourself mentally drained or lacking stimulation?

02. Emotional

- Are you experiencing heightened emotions or struggling with maintaining a positive mindset?

03. Environmental

- Is your workspace or living environment causing you stress?

04. Physical

- Are you neglecting your physical health due to a demanding schedule?

05. Occupational

- Do you often feel unfulfilled or overwhelmed at work?

06. Community

- Do you feel isolated or lacking a strong support system?



07. Financial

- Are financial concerns adding to your stress levels?

08. Spiritual

- Are you feeling a lack of inner peace or purpose?

Step 3: Create a self-care goal, that can be achieved in a week to contribute to your overall goal and stress level.

These goals should be achievable within a week and contribute to your overall well-being and satisfaction. Remember P.P.A (people, programs, & activities). Set goals using one of the themes.

S Specific	State your specific goal:
M Measurable	How much, how many, how far, how often:
A Attainable	Outside resources and support:
R Realistic	Safe and obtainable:
T Timely	End date; Time limit:
A Accountability (optional)	<i>Accountability Partner; How often and when:</i>

Step 4: Reflection

Prompt:

What unexpected challenges did you face this week, and how did you navigate them while maintaining your self-care goals?

Adjustment:

Based on your reflections, what small adjustments can you make to your self-care plan to better support yourself in the upcoming week?

**“A goal is a personal
promise to your
future self.”**

-Unknown



Congratulations on taking this powerful step toward prioritizing your well-being! As you wrap up this action plan, I encourage you to begin implementing these steps now, **creating a foundation of balance** that will serve you well.

Let's keep the conversation going. Head over to [Chartlyfe.com](https://www.chartlyfe.com) for more free resources specifically crafted for health professionals like you. Whether you need guidance on your self-care journey or want to explore [burnout coaching](#) or [health coaching](#), I'm just a [click](#) away.

Your well-being matters, and I'm rooting for your success.

Here's to a **balanced, fulfilling journey ahead!**

Shauntel Howard, MSHI, BSN, RN, CHC

[ChartLyfe.com](https://www.chartlyfe.com)



Sources:

Substance Abuse and Mental Health Services Administration. PROMOTING WELLNESS a GUIDE to COMMUNITY ACTION. 2016.

Mental Health First Aid USA. "How and Why to Practice Self-Care." Mental Health First Aid, 14 Mar. 2022, www.mentalhealthfirstaid.org/2022/03/how-and-why-to-practice-self-care/.

Mental Health Resources

988 Suicide & Crisis Lifeline

- Call or text 988
- Chat 988lifeline.org
- TTY users, use your

National Suicide Prevention Lifeline

- 1-800-273-TALK (8255)

Crisis Text Line


- Text "MHFA" to 741741

Lifeline Crisis Chat

- www.crisischat.org

Chartlyfe.com

- [Business Directory](#)

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