

Self-Care Plan Worksheet



If you're a Teen Pregnancy Prevention (TPP) project facilitator, self-care is essential for staying well and showing up for the young people you serve. Self-care means taking an active role in protecting your own health, well-being, and happiness, in particular during periods of stress.

As a youth facilitator, it can be particularly helpful to engage in self-care that helps you set and uphold boundaries, engage in self-reflection, find joy, and seek support and connection. Self-care techniques can also fit any amount of time you have. For example:

- If you have 2 minutes, you can practice breathing, stretch, or doodle.
- If you have 5 minutes, you can listen to music, have a cleansing cry, or sing out loud.
- If you have 10 minutes, you can evaluate your day, write in your journal, or call a friend.
- If you have 30 minutes, you can exercise, eat lunch with a coworker, or practice yoga.

Use this tool to think through ways you can build routine self-care into your life. Review each self-care category below and respond to the reflection questions.

Set and uphold boundaries

What self-care practices am I already doing to set and uphold boundaries?

Think about whether you're getting enough of this type of self-care.

How can I strengthen my self-care practice for setting and upholding boundaries?

Think about what you can do if you have 2 minutes, 5 minutes, 10 minutes, and 30 minutes.

Whose support could enhance my self-care practice for setting and upholding boundaries?

Consider a friend, family member, or partner; your supervisor or mentor; or a professional counselor.

Engage in self-reflection

What self-care practices am I already doing to engage in self-reflection?

Think about whether you're getting enough of this type of self-care.

How can I strengthen my self-care practice for engaging in self-reflection?

Think about what you can do if you have 2 minutes, 5 minutes, 10 minutes, and 30 minutes.

Whose support could enhance my self-care practice for engaging in self-reflection?

Consider a friend, family member, or partner; your supervisor or mentor; or a professional counselor.

Find joy

What self-care practices am I already doing to find joy?

Think about whether you're getting enough of this type of self-care.

How can I strengthen my self-care practice for finding joy?

Think about what you can do if you have 2 minutes, 5 minutes, 10 minutes, and 30 minutes.

Whose support could enhance my self-care practice for finding joy?

Consider a friend, family member, or partner; your supervisor or mentor; or a professional counselor.

Seek support and connection

What self-care practices am I already doing to seek support and connection?

Think about whether you're getting enough of this type of self-care.

How can I strengthen my self-care practice for seeking support and connection?

Think about what you can do if you have 2 minutes, 5 minutes, 10 minutes, and 30 minutes.

Whose support could enhance my self-care practice for seeking support and connection?

Consider a friend, family member, or partner; your supervisor or mentor; or a professional counselor.