



## Creating a Self-Care Plan for Emotional Well-Being

### 5-Minute Emotional Self Care Exercises

1. Take a Short Walk.
2. Journal Your Thoughts
3. Practice Deep Breathing Exercises
4. Sing a Song.
5. Listen Consciously to Your Favorite Music.
6. Meditate
7. Draw
8. Garden
9. Exercise
10. Start a Gratitude Journal

### Long Term Emotional Self Care Plans

1. Eat Well
2. Sleep More
3. Set Aside Weekly Time for Creativity
4. Journal Regularly
5. Create a Practice of Gratitude
6. Build in Weekly Relaxation Time
7. Create an Exercise Regimen
8. Make Time for Mindfulness
9. Give Yourself Permission to Say No if You are Overwhelmed
10. Learn Effective Time Management Skills

### Create Your Plan:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.