

Self-care plan strategies for 2017-2018

Mind:

- One day per week, I will not check my email for 24 hours.
- One day per week, I will not browse the internet for 24 hours, including social media.
- I will write in my journal for at least 30 minutes a week.

Body:

- I will exercise at least two times per week for a duration of at least 30 minutes
- I will plan at least four healthy meals per week including lunches and dinners.

Spirit:

- I will spend at least 10 minutes a day in prayer
- I will attend at least 1 religious meeting per week.
- I will spend at least 2 hours a week outside/in nature