

## The 'How-to' (for self-care) Handout

**Step 1: Awareness.** Fill out the table to identify your 'ideal' and 'actual' self-care scenarios, in addition to obstacles that exist between the two. No judgment allowed! (The first line provides an example).

**Step 2: Commitment.** Choose one item from the table that you want to—and can—do. Take the first step toward greater self-care by writing it down, recording a video of/for yourself, telling a friend, or otherwise making yourself accountable.

**Step 3: Plan.** For the item you are committing to, **create a plan that meets you where you're at.** As the results speak for themselves, your health practice will naturally grow.

**Step 4: Support.** Ask family, friends, colleagues for their help implementing your plan. With what aspect of your plan can they support you? Be as specific as possible.

Self-care Category	Desired self-care scenario	Ideal frequency	Actual frequency	Obstacle(s)	Plan & Support
<i>Exercise</i>	Attend yoga class regularly to stretch more	2 x week	Once a month, if lucky; last class 3 mo. ago	Hard to set aside 1-hr for class, plus travel time	Start with yoga 1x week (Tuesdays at 2:40pm) for 20 min; subscribe to glo.com for short, led classes; ask admin not to schedule any mtg's at that time
<i>Exercise</i>					
<i>Nutrition</i>					
<i>Sleep</i>					
<i>Family time</i>					
<i>Other</i>					