

2022

YLAI Self-Care Workbook

Creating a personalized
wellness plan.



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INTRODUCTION: THE PATH TO SELF-CARE

What is Self-Care?

Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both you and others that your needs are valid and a priority.

Activities that promote self-care are vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to interact with others.



"The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress."

Oxford Dictionary

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Self-Care Plan

An effective self-care plan should be tailored to your life and your needs. It needs to be something created by you, for you. Customizing your own self-care plan can act as a preventative measure to make sure that you don't get overwhelmed, overstressed, and burned out.

As you are building your self-care plan, the following steps can be helpful:

- **Consider your stressors:** Think about the aspects of these areas that cause stress and consider some ways you might address that stress.
- **Devise self-care strategies:** Think about some activities that you can do that will help you feel better in each of these areas of your life. Spending time with friends or developing boundaries, for example, can be a way to build healthy social connections.
- **Plan for challenges:** When you discover that you're neglecting a certain aspect of your life, create a plan for change.
- **Take small steps:** You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.
- **Schedule time to focus on your needs:** Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority.

This workbook has three parts



Assessment

This section will give you an idea of where you are at right now.



Planning

This section will help you create a personalized wellness plan.



Wellness Wheel

A tool for self-exploration that can help you survey choices or situations that impact your overall wellness.

Assessment

In this assessment, you will think about how you are prioritizing self-care and how frequently you are performing self-care activities. This will help you learn about your self-care needs by spotting patterns and recognizing areas that need more work. There are **no right or wrong answers** on this assessment. This is only a starting point for thinking about self-care and wellness.

What does 'wellness' or 'well-being' mean to you?

What are your priorities for your own health and well-being now?

How are you prioritizing these in your life?



What aspects of health and wellness do you find challenging?

How can you address these challenges during the next few months?



Planning

Effective stress management can be incorporated into your daily and weekly routines. Here are some things that can affect your health and well-being: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection. Write down some options that seem right for you, your values, priorities, resources, and lifestyle.

Things I can do each day that will make me feel good:

What should I say to myself when I am having a difficult time?

What should I avoid doing when I am having a hard day?



What can I do when I feel overwhelmed or upset?

Things I will do that will leave me feeling restored, and healthy:



Wellness Wheel

Wellness involves different aspects of health and life circumstances. Feeling challenged in even one area of wellness makes it difficult for the wheel to 'turn smoothly'. The Wellness Wheel is a tool for self-exploration that can help you survey choices or situations that impact your overall wellness. Each of the 8 dimensions are interconnected and equally important.

[Click here to view a Wellness Wheel example by Olga Phoenix.](#)

We encourage you to fill a Wellness Wheel, using Olga Phoenix's example as a guide, to visualize your well-being.