



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Part 3: Self-Care Action Plan

QUICK REFERENCE

Check out the [Mental Health First Aid website](#)

Self-care looks different for everyone.

Self-care is the practice of taking action to preserve or improve one's own health.

The Self-Care Action Plan can assist you in developing your own plan.

Self-Care Action Plan

According to the Substance Abuse Mental Health Service Administration, there are **8 areas** that we can take action to preserve or improve our health.



Manage Anxiety

Related to COVID-19

- Talk to someone you trust for support.
- Create a self-care plan for when things feel overwhelming.
- Find a healthy routine that makes you feel productive.
- Explore new hobbies and activities.

1

Emotional

Ex. Engage in activities that involve your senses

2

Environment

Ex. Being in nature; visiting a garden

3

Physical

Ex. Move your body; Take a lap around your building, in your hallway, or around your block

4

Spiritual

Ex. Create a quiet space for contemplation and solitude or a place for curiosity and playfulness

5

Financial

Ex. Making small changes to expenses

6

Community

Ex. Turn to a partner, family member or friend

7

Occupational

Ex. Building relationships with coworkers

6

Intellectual

Ex. Read a book, talk to an elder, take a break

[Developing a Self—Care Action Plan](#)
[Exercises for Personal Reflection](#)
[Methods for Compassionate Conversations](#)



Tools