SELF-CARE ACTION PLAN
List a coping skill or protective factor for each dimension.

**Emotional:**
Ex. When I’m feeling sad, I will call a friend or therapist.

**Financial:**
Ex. I will save $50 per paycheck to ease expenses at the holidays.

**Social:**
Ex. I will attend a play with a friend.

**Spiritual:**
Ex. I will wake up 20 minutes early twice a week to meditate or pray.

**Occupational:**
Ex. I will join or create a Wellness Committee at work.

**Physical:**
Ex. I will create a sleep hygiene routine with the goal of getting more sleep.

**Intellectual:**
Ex. I will take a class on Khan Academy.

**Environmental:**
Ex. I will buy a plant for my desk.
8 DIMENSIONS OF WELLNESS

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

FINANCIAL
Satisfaction with current and future financial situations.

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition.

SOCIAL
Developing a sense of connection, belonging and a well-developed support system.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

AS DEFINED BY SAMHSA