

Your Personalized Self-Care Action Plan

Caregiving asks everything of us, but we can't pour from an empty cup. Use this guide to look at the **8 dimensions of wellness** and write your own small, **doable actions** in some or each one. Small steps add up to capacity.

Dimension	Caregiver Examples	My Action Step
Emotional Wellness Tending to your feelings, stress, and self-talk	Journaling, therapy check-in, reframing guilt	
Physical Wellness Caring for your body	Stretch while waiting at appointments, walk with music, schedule a nap	
Social Wellness Maintaining connection	Text a friend, join a caregiver group, family dinner night	
Intellectual Wellness Stimulating your mind	Listen to a podcast, learn a new skill, read before bed	
Occupational Wellness Finding meaning in your daily roles	Reconnect with purpose, delegate tasks, set boundaries	
Environmental Wellness Creating supportive surroundings	Declutter one space, open windows, add calming scents	
Financial Wellness Managing resources intentionally	Automate bill reminders, set a small savings goal	
Spiritual Wellness Feeling connected to values or faith	Morning gratitude, nature walk, meditation	

Reflection Points:

What barriers get in your way?
How do you know when you're depleted?
What's one small thing that helps you feel like you again even on hard days?
Who can you call when you need to debrief?

At 2villages, we believe self-care is how we build capacity, one small act at a time. When caregivers are supported, entire families thrive. Start small. And remember: caring for yourself is caring for your village.

