

# Self-Care Plan

We are so excited for you to embark on your study abroad experience! Going abroad for an extended time period is exciting and also presents some unique challenges and opportunities for growth. It is common for students to experience feelings of anxiety as they experience an environment that is completely new without their established support network and routines. These feelings are an important indicator that you are adjusting to something new and this may take time and patience with yourself.

This self-care plan is meant to assist you in identifying your current coping strategies for dealing with stress and also to assist you in identifying strategies that may be helpful to you while you are abroad. Please take your time with this form. If you are currently utilizing support from a therapist or other care provider, consider discussing your self-care plan with them.

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## Self-Care Needs

All people have different self-care needs. Take a moment to consider what needs you have on a daily basis and also what needs you have in a crisis situation. This includes your physical, emotional, spiritual, social, and psychological needs.

In the spaces below, try to identify practices you are already doing that you can continue doing while abroad or new practices that you can try.

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### Physical

What are you doing to support your daily physical needs and what might you want to try? Some examples include eat regular and healthy meals, getting enough sleep, regular exercise, etc.

### Emotional

What are you doing to support your daily emotional needs and where might you need more support? Examples include creating space to feel emotions, acknowledging your accomplishments, engaging in activities that feel emotionally satisfying, etc.

### Social

What are you doing to support your daily social needs and where might you need more support? Examples include making time for friends/family, asking for support and/or help when you need it, etc.

### Identity

How would you describe your identity? Have you considered how your identity may be perceived in your host country? Do you need additional resources from PIC to support you while abroad?

### Cultural Values

How prepared are you to navigate interactions with individuals who have different values or beliefs than you? (e.g. religious, political, social, gender)

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## Coping Strategies

When you are faced with a crisis or stressful situation, you won't have time to develop a new coping strategy so it is helpful to develop a plan ahead of time that you can come back to when you need it.

Answer the questions below to help you identify your self-care needs during stressful times:

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### Relaxation/Staying Calm

Which activities help you to relax? (e.g. taking a walk, deep breathing, stretching)

Which activities make you more agitated/frustrated? (e.g. swearing, yelling, drinking)

### Social Support

Who can you reach out to for help and support? (certain friends, family members, mentors, therapist)

Who is not helpful to you in times of stress? (certain friends, family members, etc.)

### Mood

Which activities support a positive mood? (e.g. listening to uplifting music, getting outside, doing something creative, self-reflection)

Which activities are not helpful during times of stress? (e.g. avoiding social activities, staying in bed all day, scrolling social media)

### Resilience

What or who helps you to get through difficult times?

What helps you come back to a place of wellbeing?

What or who fuels negativity for you?

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### Commitment to Self-Care

Your safety and wellbeing are a priority of the Padnos International Center. Can you make a commitment to yourself that you will prioritize your well-being and utilize the self-care strategies you have identified in this form and also reach out to the Padnos International Center if you are in need of support?

Yes

No

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