

**RELAX | MOVE | SHIFT | PLAY:**  
**CREATE A SELF-CARE PLAN ~ UTILIZE THE FOUR QUADRANTS**

<p>Listen to music</p> <p>Self massage/get a massage</p> <p>Feel supported: lay on your back or front on the floor or feel the chair or couch beneath you</p> <p>Read inspirational stories and books</p> <p>Meditate</p> <p>Visualize</p> <p>Breathe deeply</p> <p>Sleep</p> <p>Groom body (clean/brush hair or teeth, paint nails)</p> <p>Hug someone, a pillow, a stuffed animal</p> <p>Say affirmations</p> <p>Blow bubbles</p> <p>Try <a href="#">aromatherapy</a></p> <p>Try <a href="#">active imagination</a></p> <p>Groom or pet a pet</p>	<p style="text-align: center;"><b>R E L A X</b></p> <p style="text-align: center;"><b>S H I F T</b></p> <p><b>Plan, read, write</b> (<i>physical &amp; online</i>)</p> <ul style="list-style-type: none"> <li>▪ Plan goals or grocery list</li> <li>▪ Create a to-do list</li> <li>▪ Read fiction and non-fiction</li> <li>▪ Write/journal/blog</li> <li>▪ Check/plan fun activities</li> </ul> <p>Sing out loud</p> <p>Call/talk with someone</p> <p>Cook/plan or find recipes</p> <p>Go somewhere outside (e.g., park, trail)</p> <p>Go to library</p> <p>Go to a bookstore</p> <p>Volunteer</p> <p><b>Enjoy TV Shows/Movies</b></p> <ul style="list-style-type: none"> <li>▪ <a href="http://www.hulu.com">http://www.hulu.com</a></li> <li>▪ <a href="http://www.tv-dome.net">http://www.tv-dome.net</a></li> <li>▪ <a href="http://www.thedoorpost.com">http://www.thedoorpost.com</a></li> </ul> <p>Plan a trip/go out on the town</p>
<p>Walking/ Walking meditation</p> <p>Qigong/Tai Chi</p> <p><b>Clean/organize/vacuum</b></p> <p>Laundry, rooms (e.g., bathroom, kitchen), car, purse/wallet, refrigerator, TV/computer, etc.</p> <p>Clean e-mail accounts</p> <p>Dance (freestyle)</p> <p>Dance (video game   DDR)</p> <p>Use stepper/cross-train</p> <p>Roll around on the floor</p> <p>Frisbee</p> <p><b>Be active in indoor/outdoor sports</b></p> <p>Hand ball, basketball, soccer, tennis, racquetball, boxing, jump rope, etc.</p> <p>Water plants</p>	<p style="text-align: center;"><b>M O V E</b></p> <p style="text-align: center;"><b>P L A Y</b></p> <p>Play with bubbles</p> <p><b>Play online games</b></p> <ul style="list-style-type: none"> <li>▪ Wordsplay/Boggle <a href="http://www.wordsplay.net">http://www.wordsplay.net</a></li> <li>▪ MSN Games ~ Clink, Bejeweled 2, Text Twist <a href="http://zone.msn.com">http://zone.msn.com</a></li> <li>▪ AOL Games ~ Word Womp, Family Feud, Hangman Hijinks, Scrabble, etc. <a href="http://www.games.com">http://www.games.com</a></li> </ul> <p>Word searches (<i>paper or electronic</i>)</p> <p>Play with children</p> <p>Play with pets</p> <p>Build a house of cards and knock it down</p> <p>Color in coloring or mandala book</p> <p>Complete puzzles</p> <p>Playdoh modeling</p> <p>Play jacks</p>

## YOUR PREFERRED SELF- CARE OPTIONS

	<b>R E L A X</b>	<b>S H I F T</b>	
	<b>M O V E</b>	<b>P L A Y</b>	

### SUPPLIES & RESEARCH\*

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

*\* Examples: buy bubbles, purchase a fluffy pillow, identify places to walk, etc.*