Self-Care Plan

“My self-care routine today consisted of letting the steam hit my face after the dishwasher cycle.”

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**Self-care that is intentional is crucial; self-care that observes the moment (such as above) and makes the most of it is equally important! These intentional ideas constitute my self-care plan:**

* **Diamond Approach D.C. (DADC) conferences**

These quarterly 3-4-day spiritual conferences are something I have been attending for ten years. They involve a robust, loving community, inspiring talks, small group, 1:1 structured reflection or processing called “inquiries”, and a session with my private counselor.

* **Private therapy online**

My private teacher/counselor is available online, and I regularly check in.

* **Inquiry with friend**

A good friend from DADC, a feminist and former D.C. lobbyist for Medicare funding, is someone with whom I regularly check in.

* **Monthly group DADC**

My local DADC group from Charlottesville and Richmond meets online monthly.

* **Daily Meditation DADC**

Our national group of Diamond Approach offers daily group meditation and inquiry online opportunities. My self-care plan includes checking in 1-3 times per week.

* **Reorganization of house: aaah!**

This past summer, I took the opportunity to buy IKEA shelves, which helped organize cupboards, stacks of books and music, etc. This clarity has ongoing benefits visually, functionally, and energetically. It inspires ongoing clarity, and my self-care plan includes keeping my space clear and organized.

* **Items downloaded from November calendar, from our Graduate Student President**

I am aware of how proximity to and accessibility of reminders such as these, which include talking a walk, catching up with a friend, and doing a random act of kindness, keep one in the awareness of self-care. My self-care plan includes using and updating this calendar (I have it as a screensaver) as a daily reminder.

* **Doing my exercises**

I have been given a list of exercises from a PT for keeping my knee and ankle strong, and my self-care plan includes doing these daily. I also take a 30-minute walk 3-4 times a week and will continue throughout the seasons. This chills me out. I can see the pastures, cows, seasonal changes of foliage, and flights of birds.

* **Sleep**

I am able to maintain a good sleep schedule. If I need to stay up and work late, I can. Yet I understand how to balance this with allowing for more sleep the next day if possible.

* **Good food**

Food is a love—I am a foodie, I love to cook, and love to share food with others. My husband is similar, and we grow, purchase, and consume lots of vegetables, including a crop of fall/winter greens now growing in our garden. We love to balance the *pleasure* of eating with healthy eating!

* **Friends to confide in**

COVID has isolated me; when I am able to be in socially distanced contact with local friends, I am aware of its preciousness and stretch it out. I am aware of my need for focused schoolwork, and how regular contact, laughter, and relating with my loved ones across the country and world is a necessary release valve to keep myself balanced and light.

* **Gratitude (for unemployment, and other things)**

Gratitude is so powerful; it clears the decks of small complaints and resets my internal clock. Recently I have been able to receive unemployment, and it has buoyed me as I have started my graduate program. I am incredibly grateful for the fountain of blessings I feel I have.

* **Beginning of release from expectations**

I am often driven to succeed by an internal sense which has been with me since youth. There is something new, with age, that tells me that my usual sense of drive need not be my *only* sense of drive! There is a new and creative sense within, a release from a pressurized sense of accomplishment. I want to be a part of something good in and for my community. In this openness, my self care plan includes maintaining this openness, and observing carefully in what direction the ideas flowing through me seem to take root. This includes a deepening realization that I do not know the path, and can best *sense* the path I need to take, in service of my community.

* **Love of writing**

My self care plan involves a recognition that there is a great weight given to writing as part of my graduate program. I look forward to improving my writing skills. I feel that the clarification of ideas through writing is focusing and engaging to me; this feels like self-care.

* **Printing and posting this list**

This accessibility will keep me accountable, and focused on my desire to take loving care of myself.