**Self-Care Plan**

Christian Finkbeiner

Longwood University

Department of Education and Counseling, Counselor Education Program

COUN 503

Dr. Justin Jordan

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**Self-Care Plan**

1. **Stick to my diet.**  
   I have type 2 diabetes and have significantly decreased my intake of “bad” carbohydrates in the last six weeks. I need to stick to it.
2. **Get enough sleep.**  
   I don’t function properly without enough sleep. I will make sure to get at least eight hours per night.
3. **Attend 12-step meetings regularly.**  
   I am a person in long-term recovery from substance use disorder and attending at least one meeting each week is something I consider mandatory. I will strive to attend more than one per week whenever I can.
4. **Exercise.**  
   I have found walking helpful for my mental and physical health and I hope to continue to walk regularly.
5. **Read.**My mother is a retired teacher who instilled in me a love of reading, which provides relaxation and knowledge.
6. **Pray**Connection with a higher power is part of my recovery and I strive to pray regularly.
7. **Work steps and traditions with my sponsor.**The main component of a 12-step program is step work. I do this with my sponsor. In our sponsorship family, we also work the 12 traditions.
8. **Watch TV.**I love TV. There are too many choices now, but I love to explore shows.
9. **Spend time with my pets.**I have a dog and two cats, and they bring me joy.
10. **Stay in touch with family and friends.**Recovery has given me many gifts, including strong friendships and better relationships with my family. I do my best to maintain these things.