**Self-Care Plan**

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There are things I can do to mitigate the stress of being a graduate student and a LPC. Things can be done to process the day, or survive. This grouping is immediate in action. I really enjoy watercolor painting, firstly. Art therapy is noted in its’ effectiveness in general. I may not be practicing therapy via art, but painting is an impactful venue to get emotions out of one’s head. A second technique that I utilize commonly is my designated rumination time. I will set a timer for about 45 minutes, put something visual in front of me like a movie or social media, and let myself think of all the things about the day. I do this when a day has been especially stressful. After the 45 minutes is up, I get myself to do something else that will be a productive use of time and will take my mind off things, like reading. Reading is another self-care strategy because it takes my mind off what I’m thinking immediately and allows me to forget momentarily. With the processing of the designated rumination time alongside the escape of the reading, it is easier for me to cope with stress. Additionally, listening to music is a huge resource for me. I enjoy almost all types of music and I can apply it to any emotion I am feeling. Furthermore, something else that can be used it prioritizing sleep. Choosing to go to bed at a reasonable time is something that helps me the next day, and it is setting myself up well for the following day’s demands. Lastly, consuming positive content on social media is something I like to do on especially tough days. There are specific posters, channels and other such outlets that only post uplifting things. It is a nice reminder for days filled with stress.

Some things that are thriving activities are that of going for a walk, going to a concert, talking with a loved one, seeing a movie, and setting boundaries. Going for a walk in nature is a thriving activity because it grounds me. It also provides perspective that the world is larger than what’s in my head. Going to a concert takes a small bit of planning, but it is one of my favorite things in the world. Talking with a loved one gives me perspective too, by bouncing my troubles off of someone else who knows me and can listen well. Seeing a movie as the same effect as concerts for me. Lastly, setting boundaries is a slightly uncomfortable but necessary way of self-care. Setting boundaries can look like saying no to extra, optional, work from an occupation. It can also look like not over-committing oneself to social commitments. Altogether, all of these actions and behaviors amount to mitigating burnout.