*Lisa’s Self-Care Plan*

* Nurture my spirit

(Attending church as frequently as possible, daily prayer, reading scripture through Bible app or Daily Bread, and articulating gratitude).

* Physical Fitness

(Engage in physical workout three times a week: to include going to the gym, jumping rope, walking in the park or neighborhood)

* Social Engagement

(Take time out to spend time with friends, or engage in activities that I enjoy at least once a month. That might include date night with husband, having lunch/dinner with girlfriends, reading a book, going to a play/movie/concert/enjoyable restaurant).

* Therapy

(Session with therapist once a month to engage in personal growth and wellness).