

From MTW missionary and counselor, Kiki Adams,

When I work with clients on developing a self-care plan, it is usually a very individualized process but always the following categories in some way:

Physical health

- exercise
- nutrition

Spiritual Health

Relational Health

- community
- resolving conflicts/forgiveness
- accountability/encouragement relationship

Family Health (for singles this can include family back home and/or roommates, etc.)

- marriage
- parenting

Healthy balance/expectations for work/life/family/self.

This may sound simplistic, but it quickly goes deep if one is serious about acting on such a plan.