

SELF CARE

Engagement in behaviors that foster and maintain

EMOTIONAL

SOCIAL

MENTAL

PHYSICAL

FUNCTIONING

1. Supportive Relationships

Name at least one person for each

- a. Family: _____
- b. Friends: _____
- c. Study Buddy: _____
- d. Professors: _____
- e. Mentors: _____

2. Taking care of your physical well-being. Pay particular attention to:

a. Sleep hygiene

I can ensure I am getting enough sleep by: _____

b. Exercise

My exercise plan will include: _____

c. Healthy diet and hydration

I will monitor my diet and hydration by: _____

d. Relaxed body by releasing muscle tension

My relaxation plan will include: _____

3. Leisure Activities.

My leisure activities include:

4. Creating a Relaxing and Productive Environment

list what YOU can do

I intend to study (where) _____.

I imagine my surroundings will look like _____.

I intend to take a break every _____ hours for _____ amount of time and during these breaks I will bring/
have _____.

5. Setting Boundaries

I will reach out to all the important people in my life and tell them _____
_____ about my schedule during bar review.

Communication is key and sometimes you may need to remind people of your boundaries by asserting yourself, especially if you feel pressure. In this case we have a 4 step plan:

1. "I feel _____ because _____."
2. Validate their feelings. For example: "I understand that you are upset that I can't go to your birthday party and I am sad that I will miss it"
3. Tell them what you need. "I need to study for 3 hours tonight or I will fall behind."
4. Compromise. "I can take you out for a birthday lunch next week from 1:00-2:00pm.. What day works for you?"

6. Therapy

Sometimes therapy can be a very important part of someone's self care plan. At this time Vinco does not have this service. If you feel like this would be helpful to you incorporate it into your self care plan.

7. Purpose and Motivation

It may help to look at the bigger picture and think about how you got here - to taking the Bar Exam and why you are taking on such a challenging task. What are your motivations? What gives you the power and strength to get through challenges in life, specifically through law school and this test. You may be motivated by a passion to help others or to serve a particular social cause. You may even gain strength from a higher power - whether it is through religion or other beliefs.

My purpose and motivations are:
