

My Self Care Master Plan for the 20th Anniversary of 9-11

One of the six ways to honor and remember loved ones who died twenty years ago on September 11th is to survive their deaths. In anticipation of the 20th Anniversary of 9-11, we have an opportunity to upgrade our very best self-care practices. Filling out this Self-Care Master Plan will help you create a Master Plan for navigating the time leading up to and following September 11th.

To get your started, here are “A Few Do’s and Don’ts.”

Do’s

- Think back and remember, “What has helped me?” A few things I’ve done in the past that have helped me are...
- Keep your hand on your heart and foot off of your throat. Let Self-Compassion (made up of patience, kindness, support, encouragement, faith, support, understanding, forgiveness, and humility) guide you and the conversations you are having with yourself.
- Give your sorrow a voice and talk about the sad, scared, angry, guilty feelings you’re having on this 20th Anniversary.
- Cut back your schedule and get some rest in the days before 9-11 so you have some energy in reserve
- Schedule meetings, lunches, coffee’s, therapy/coaching sessions, etc. with supporters, confidants and trusted friends in the weeks before 9-11 to vent/air out grievances, clarify and clear the path forward
- Choose one simple act of honoring and remembering for the day of the 11th with plenty of time to breathe, relax, rest your mind and body, sleep, and do some meaningful things.
- Schedule time with only the supportive, caring people in your life who give you energy

Don’ts

- Do not let self-criticism (made up of self-condemnation, guilt, shame, feelings of failure and inadequacy) guide you and the conversations you’re having with yourself.
- Don’t hide, deny, repress and/or bottle up your feelings or isolate yourself.
- Do not squeeze everything into the day to honor and remember your loved one (as if there’s not enough).
- Do not flood your nervous system, brain and emotional heart with painfully horrific images, ruminate about the things you have not figured out/made peace with, or talked about openly with a trusted confidant. Do not set yourself up to be a hot mess on 9-11.
- Do not overschedule time with everybody (including the people who drain you), by putting a thousand and one “essential” things on your “To Do List” for the 11th.

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Some things I can do/or not do to take care of myself psychologically are...

Some things I can do/not do to take care of myself physically are...

Some things I can do/not do to take care of myself spiritually are...

Some things I can do/not do take care of myself in my closest relationships are...

Some things I can do/not do to take care of myself at work are

Some other things I can do/not do to take care of myself are

Thank you.