



Self-Care Plan Worksheet

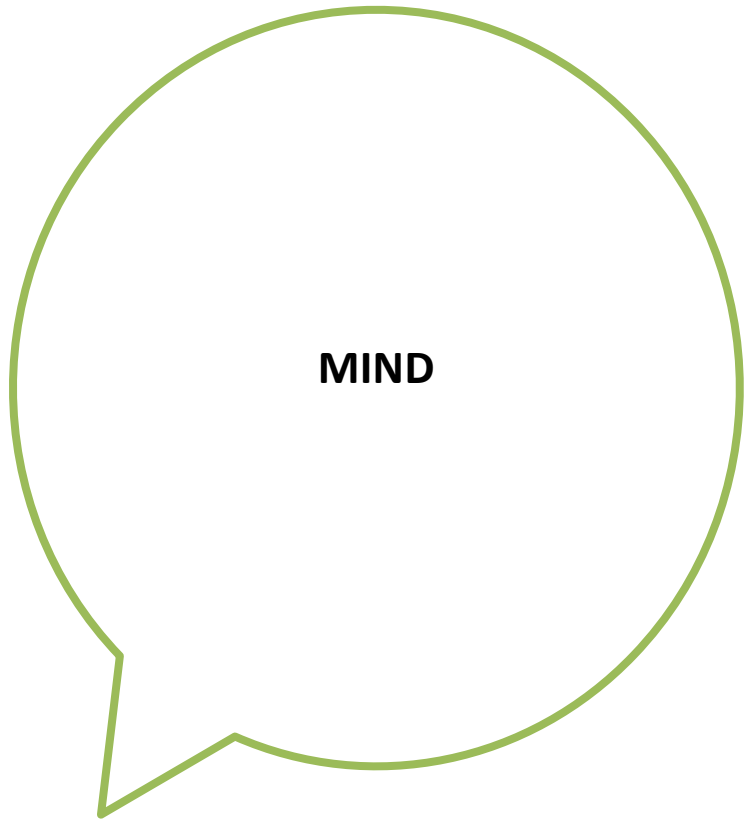
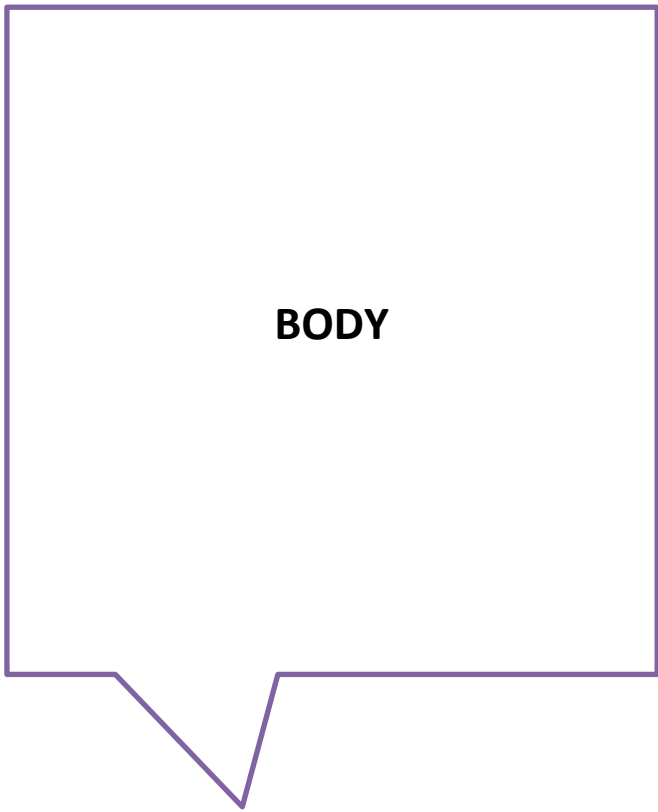
Directions:

In each bubble write at least one self-care practice that you currently do or want to do.

- Include things that can be done without much thought.
- Other items can be things that you can do to remove yourself from the situation or to do with others. Examples: taking a walk or calling a friend
- Carry this list in your wallet, post in locker, and keep in phone or in pocket.
- Affective self-care plans should include things that can be done anytime, anywhere, and without embarrassment.
 - Examples: taking deep breaths, plugging in music and listening to block out other sounds, making lists or journaling a thought, reciting positive sayings
- Choose two people to know your self-care plan and hold you accountable to implement it when needed.

Reminders:

- Body: think of physical ways you can keep your body healthy and strong.
- Mind: think of things that you can do to stay focused, calm, emotionally intelligent, or in a positive mindset.
- Spirit: think of healthy ways that you connect with others or connect with the world.



_____ 's

Personal Self-care Plan

Supportive People In My Life:



Reasons to be healthy:
