

ACTIVITY

SELF-CARE PLAN

To create your own personalized self-care plan, consider how you can take care of your physical, mental and emotional health. Who might help you? What actions can you take? Write at least 3 ideas into each box. See if you can commit to doing at least one thing from each box every week.

Mental

For example, turn off devices, read a book, journal

Emotional

For example, talk to a friend, make art, listen to music

Physical

For example, go for a walk, take a nap, dance

Write down individuals or groups you can ask for help when stressed

“Caring for myself is not self-indulgence, it is self-preservation”

- Audre Lorde