

■ My Self-Care Plan

Choose healthy coping skills and write them into each section of your plan.

■ Physical Self-Care — Body, rest, movement

■ Emotional Self-Care — Feelings, expression, reflection

■ Mental Self-Care — Focus, mindset, growth

■ Social Self-Care — Relationships, support, connection

■ Creative/Spiritual Self-Care — Hobbies, purpose, meaning

■ My Commitment — One self-care practice I will start this week: