

MAKE A SELF-CARE PLAN

Focus on What Really Matters
Focus on What You Can Control
And, Commit to Caring for Yourself Like You Matter

Identify what you are already doing in these areas, and then choose a new practice or goal in each area to try out. Identify unhelpful coping strategies, and how you will address them.

Physical Self-Care

Current Practice

New Practice or Goal

Mental Health & Personal Growth

Current Practice

New Practice or Goal

Workplace/Career

Current Practice

New Practice or Goal

Relationships & Connection

Current Practice

New Practice or Goal