

Self-Care Plan

My Stress Relievers

- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____

- 6. _____

My Signs of Stress

- _____
- _____
- _____
- _____

Helpful Reminders

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

My Support System

- _____
- _____
- _____

Affirmations

- _____
- _____
- _____
- _____