



SELF-CARE PLAN

WHY IT MATTERS

- Customizing a self-care plan is a preventative measure
- Having a plan takes the guesswork out of what to do in moments of stress
- Having a plan helps you stay the course, build routines, and stay accountable

SELF-CARE CATEGORIES

- Work
- Physical Body
- Emotional Well-being
- Relationships/social supports
- _____
- _____
- _____
- _____

SELF-CARE ACTIVITIES

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

BARRIERS TO ENGAGING?

- _____
- _____
- _____
- _____

ACCOUNTABILITY BUDDIES

- _____
- _____
- _____
- _____

OTHER:
