

My Self-Care Plan

Identify 3 self-care strategies (i.e. activities that preserve or improve your current state) in each area.

A large light blue hexagon with a grey border. Inside the hexagon, the numbers 1., 2., and 3. are placed at the top, left, and bottom vertices respectively. The word "Mental" is written in a grey, sans-serif font along the right edge of the hexagon.

A large light blue hexagon with a grey border. Inside the hexagon, the numbers 1., 2., and 3. are placed at the top, left, and bottom vertices respectively. The word "Spiritual" is written in a grey, sans-serif font along the right edge of the hexagon.

A large light blue hexagon with a grey border. Inside the hexagon, the numbers 1., 2., and 3. are placed at the top, left, and bottom vertices respectively. The word "Physical" is written in a grey, sans-serif font along the right edge of the hexagon.



Examples of Self-Care

Take a Bubble Bath

Read a Book

Cook

Talk with a friend

Play with pet/s

Take a walk

Get a mani/pedi

Cry

Garden

Learn a new skill

Listen to music

Journal

Pray

Laugh

Take a nap

Workout