

My Self-Care Plan

Fill in each of the spaces below. This will help you identify strategies and resources you can rely on to help you stay mentally and emotionally strong when things are tough.

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| <p>People: Who are the people I rely on to encourage me and support me in daily life? Try to think of one or more caring adult(s) as well as friends and peers.</p> | |
| <p>Practices: What do I like to do to help me feel better in times of stress? Examples might include exercise, music, art, coloring, writing poetry, journaling, or prayer.</p> | |
| <p>Stressors: What times, places, or situations stress me out or challenge my well-being?</p> | <p>Strategies: How can I draw on the supports listed above to face the challenges of each of my stressors?</p> |