

My Self-Care Plan

Self-care does not have to be big or perfect. It can be small things that help you get through the day, feel calmer, or ask for support when you need it.

Things that help my mind

- ☐ Music
- ☐ Quiet time
- ☐ Writing things down
- ☐ Talking to someone
- ☐ Watching something familiar
- ☐ Gaming
- ☐ Drawing or making things
- ☐ Breathing or grounding
- ☐ Having a plan
- ☐ Other: _____

Things that make it harder

- ☐ Too much noise
- ☐ Arguments
- ☐ Pressure from people
- ☐ Being online too much
- ☐ Lack of sleep
- ☐ Feeling judged
- ☐ Too many changes
- ☐ School or college pressure
- ☐ Keeping things inside
- ☐ Other: _____

Things that help my body

- ☐ Sleep
- ☐ Food
- ☐ Water
- ☐ Shower or bath
- ☐ Fresh air
- ☐ Walking
- ☐ Sport or movement
- ☐ Rest
- ☐ Taking a break
- ☐ Other: _____

People who help me

My small plan for this week

One thing I could try: _____

One person I could speak to: _____

One thing I might need help with: _____

What support would help right now?

