

## Self-care Action Planning

Strategies I plan to use daily or weekly:

Emotional and self-awareness strategies:

---

Positive Self-talk Strategies:

---

Self-Care Strategies:	When:

Barriers to maintaining my self-care plan:	How will I address these barriers and remind myself to practice self-care:

Signs that show I may need to use these skills more or identify new skills and/or supports:

How my body feels:

Behaviors I am engaging in:

Emotions I am experiencing:

How I interact with others (e.g. withdrawing or being argumentative):

When I feel this way, I will: