## **MY SELF-CARE PLAN**



Things I can do to support my physical self:
Things I can do to support my emotional self:
Things I can do to support myself at work or study:
Things I can do to support mysen at work or study.
Things I can do to support my relationships:
What negative strategies do I need to avoid?
What overall balance am I trying to achieve?
what overall balance and I drying to achieve: