

MY PERSONAL SELF-CARE PLAN

Three things I want to tell myself when I am feeling overwhelmed:
(e.g., "I am strong," "I can handle this," "I am safe," "I am making a better life for myself and my kids.")

1. _____

2. _____

3. _____

These are the friends, family members and professionals I can talk to who help me feel better:

These are the people I will avoid or limit my contact with:

These are the things that make me happy and healthy:
(e.g., uplifting music, a favourite comedy, a favourite place to go, getting organized, etc.).

MY PERSONAL SELF-CARE PLAN

EMOTIONAL/SPIRITUAL

PHYSICAL

SOCIAL

FINANCIAL

WORKPLACE

PSYCHOLOGICAL