



MY SELF-CARE PLAN

THREE THINGS I CAN DO IF I'M STRESSED OR DISTRESSED

- 1
- 2
- 3

Examples: Write in a journal; Call a friend/family member/mental health professional; Connect with the natural world/environment.

THREE THINGS I CAN DO TO RELAX

- 1
- 2
- 3

Examples: Go for a run/walk; Watch a comedy/favourite film; Meditate.

THREE PEOPLE, PROFESSIONALS AND/OR SERVICES I CAN CALL IF I NEED TO TALK

- 1
- 2
- 3

Examples: Family and friends; Counsellor/psychologist; Crisis line.

