

MY REMOTE SELF-CARE PLAN

Disruptions can be difficult, and when therapy isn't readily available it can help to have an organized plan for taking care of yourself and feeling your best. Here are some ideas to get you started on your own lists of do's and don'ts.

CAUTION SIGNS

How I know that I need to check in with myself:

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PHYSICAL HEALTH

Nurture your body: nutrition, exercise, sun:

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MENTAL HEALTH

Relax or check-in: journaling, mindfulness, a hot bath:

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HEALTHY DISTRACTIONS

Stay busy: cleaning, hobbies, art projects:

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SELF-CARE BARRIERS

Extensive time in bed or in front of a screen can inhibit self care. Anything else?

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3 PEOPLE I CAN GO TO FOR SUPPORT

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