

My self-care plan

Begin a self-care plan by recognizing your strengths and what has helped you overcome challenges in the past. These are some of the resilience skills you already have!

What are my strengths?

What has helped me overcome past challenges?

Now, consider creating some goals that involve a variety of self-care areas. Be specific about what you will do and how often you plan to do it.

Example:

I will invite a friend to go hiking with me, and I will make sure to bring water and a snack.

☐ daily

☐ weekly

☒ monthly

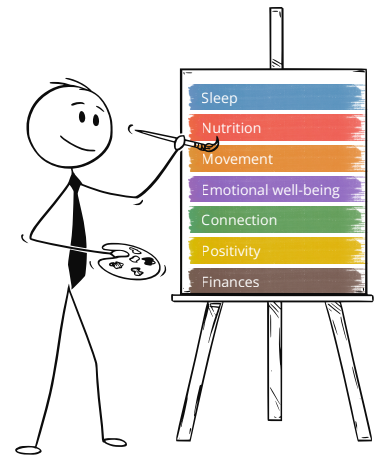
The example above includes multiple self-care areas.

- | | |
|--|--|
|  Burn energy to rest well |  Connection with a friend |
|  Fuel for my body |  Enjoy nature |
|  Movement |  Free activity |
|  Mindfulness | |

For more information and a toolkit to develop a self-care plan before, during, and after a crisis, visit selfcare.davislinks.org or scan the QR Code.



As shown in the example, write in the boxes below a few goals you can do daily, weekly, or monthly that will help you maintain or improve your well-being. Adjust or create new ones as needed.



☐ daily

☐ weekly

☐ monthly

☐ daily

☐ weekly

☐ monthly

☐ daily

☐ weekly

☐ monthly

Review these goals on _____
(Date)