

My Self-Care Plan

Self-care is an important part of building resilience. Think about the four dimensions of wellness and how they appear in your life. Each concept is important to your overall well-being. Take a moment to write down some of the strategies you want to use this year in each box. Use the list of strategies on the back to help you develop your own self-care plan.

I Live Well by...

I Play Well by...

I Connect Well by...

I Recharge Well by...



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