

ACTION PLANNING FOR SELF-CARE

What have I felt stressed about lately?	My early warning signs of rising stress levels are:
1.	1.
2.	2.
3.	3.

What do I already do regularly or well when it comes to self-care?	What are my favorite self-comfort strategies?
1.	1.
2.	2.
3.	3.

If I could magically change three things about my self-care habits and routines, what three changes would improve my wellbeing the most?

- 1.
- 2.
- 3.

What is one thing I'd like to focus on in the next two weeks?

- What change(s) will I make? What will I do, and when?
- What else will help ensure I put these intentions into practice?

1. I will...

2. **My plan for helping make this happen includes** (what can you do to remind yourself, create the time, keep yourself accountable, make it easier & more satisfying, etc.)...

Important factors for Wellbeing & Resilience

Sleep
 Exercise
 Nutrition
 Supporting Connections
 Relaxation & Enjoyment
 Boundaries
 Positive Outlook
 Emotional Regulation
 Adaptive Coping
 Meaning & Purpose