

# IDENTIFYING YOUR SELF-CARE NEEDS

It can be helpful to have strategies to ensure that you practice self-care, especially in times of heightened stress. If you take time to develop a plan in advance, it will be there when you need it.



## Emergency Self-Care Plan

<p><b>List 3</b> people you can talk to, and include their phone number. This can include a support line.</p>	<p><b>List 3</b> activities that you find calming/grounding.</p>	<p><b>List 3</b> affirmation that you find comforting.</p>
1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____