

# Self-care Planner

## Spiritual

find meaningful resources and supports, connect with others and, find belonging in community

## **Physical**

take care of yourself and the people important to you; advocate for yourself and do activities worth doing

#### Mental

learn new skills and strategies to make meaning of your past, to understand what to do next, and to have confidence in the future

#### **Emotional**

feel the emotions you need to feel; ensure you feel understood, cared for, and loved

Spiritual	Mental
meditate or pray	practice gratitute
journal	spend less time on social media
spend time in nature	attend a counselling session
Physical	Emotional
stretch or exercise	time with loved ones
sleep well	set healthy boundaries
drink water	do something creative