

Self-Care Plan

Complete the following questions to make a self-care plan. When you are feeling down, what strategies help you feel better? Create an individual plan to target supports and coping skills to help you increase your mood. Use this as a reminder that you can cope with difficult situations.

1. What do I do now when faced with sad or negative feelings?
2. What are my triggers?
3. What are some positive things I can do when I am feeling sad?
4. Who are some people I can contact for support, and how do I reach them?
5. What things should I avoid when feeling sad?
6. What are three positive sayings I can use to help myself stay calm?