

# Self-care Plan

Personal	Professional/Workplace
<div>Physical Self-care</div> <div></div>	<div>Physical Self-care</div> <div></div>
<div>Psychological Self-care</div> <div></div>	<div>Psychological Self-care</div> <div></div>
<div>Relational Self-care</div> <div></div>	<div>Relational Self-care</div> <div></div>
<div>Spiritual Self-care</div> <div></div>	<div>Spiritual Self-care</div> <div></div>