

MY SELF-CARE PLAN

I CAN EXERCISE MY BODY BY ...

Walking, Yoga,
Inhale Calm, Exhale Stress,
Hiking in the national parks

I CAN BE A GOOD FRIEND BY ...

Always be there, even in silence.
Be kind and listen. Be fun and light.
Share the truth in your heart

IMPORTANT PEOPLE WHO I TRUST

Family
Sue Janiffer

I CAN RELAX MY BODY AND MIND BY ...

Sit in a quiet and comfortable place.
Listen to music

THIS IS ME



I CAN RELEX MYSELF CLEAN AND TIDY BY ...

Clean up the rooms and my working desks.
Life-long learning

I CAN MAKE MYSELF HAPPY BY ...

Stress management programs
Chillax with some chocolate
Learn skills for managing your emotions and negative self-talk

MY HOPE AND DREAMS ...

Can make choices and take control in some situation.
Can have relex on day-to-day things like cooking, shopping,
Have own business.

I CAN EAT HEALTHY FOODS ...

Broccoli.
Apples.
Blueberries.
Avocados.
Leafy green vegetables.
Sweet potatoes.