



Self-Care Plan

Step 1

List situations that you might find challenging or stressful in the future

Step 2

Be aware of the signs that you're not coping as well as you'd like (tick those that apply to you).

- | | |
|---|---|
| <input type="checkbox"/> Being more irritable or grumpy | <input type="checkbox"/> Eating badly |
| <input type="checkbox"/> Feeling overwhelmed | <input type="checkbox"/> Difficulty sleeping |
| <input type="checkbox"/> Feeling tired or sore | <input type="checkbox"/> Thinking negatively |
| <input type="checkbox"/> Procrastinating tasks | <input type="checkbox"/> Feeling like you can't be bothered |
| <input type="checkbox"/> Drinking more alcohol | <input type="checkbox"/> Worsening self-esteem |

List any other signs you should keep an eye out for:

Step 3

Plan out how you will take care of yourself during stressful times. Tick the strategies that you'll do regularly to boost your emotional wellbeing:

- | | |
|---|---|
| <input type="checkbox"/> Controlled breathing | <input type="checkbox"/> Scheduling 'me time' |
| <input type="checkbox"/> Relaxation exercises | <input type="checkbox"/> Improving my diet |
| <input type="checkbox"/> Talking to others | <input type="checkbox"/> Improving my sleep |
| <input type="checkbox"/> Physical exercise | <input type="checkbox"/> Thought challenging |
| <input type="checkbox"/> Saying 'no' to some things | <input type="checkbox"/> Structured problem solving |



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List any other strategies that you can use to help you cope:

Plan out how you will implement these strategies. Specify **what** you will do, **when** you will do it, and **how** you will do it:

Keep this plan somewhere easily visible (e.g. on the fridge). It can also be helpful to share it with people you trust, as they can help you notice any warning signs and remind you to use helpful coping strategies.