

Self-Care Plan

Check List Options

Quick Reset Activities	<input type="checkbox"/> Breathing Exercise <input type="checkbox"/> Meditation <input type="checkbox"/> 5-4-3-2-1 grounding (engage the senses: 5 things you see, etc.)	<input type="checkbox"/> Listening to a calming or favorite song <input type="checkbox"/> Stretching or shaking it out <input type="checkbox"/> Other _____
Creative Activities	<input type="checkbox"/> Journaling <input type="checkbox"/> Drawing <input type="checkbox"/> Play an instrument	<input type="checkbox"/> Singing or dancing around your room <input type="checkbox"/> Other _____
Mindfulness/Relaxation	<input type="checkbox"/> Meditation <input type="checkbox"/> Muscle relaxation <input type="checkbox"/> Reading	<input type="checkbox"/> Positive self-talk <input type="checkbox"/> Other _____
Physical Activity	<input type="checkbox"/> Take a walk <input type="checkbox"/> Workout <input type="checkbox"/> Yoga	<input type="checkbox"/> Bike ride <input type="checkbox"/> Practice a sport (basketball- shoot some hoops) <input type="checkbox"/> Other _____
Connection	<input type="checkbox"/> Talk to a friend or family member you trust <input type="checkbox"/> Give someone else a compliment	<input type="checkbox"/> Pet or cuddle your pet <input type="checkbox"/> Other _____
Sensory Soothing	<input type="checkbox"/> Using a fidget <input type="checkbox"/> Squeeze a stress ball <input type="checkbox"/> Take a hot shower or bath	<input type="checkbox"/> Light a candle or use essential oils (lavender, mint, ect) <input type="checkbox"/> Other _____
Tech Break/Positive Screen Time	<input type="checkbox"/> Screen break (no phone) <input type="checkbox"/> Watching a funny or inspirational video <input type="checkbox"/> Use mental health app	<input type="checkbox"/> Look thru calming images <input type="checkbox"/> Other _____