

My Self Care Plan

People I can talk to:

When I am feeling sad, angry, confused etc

- 1.
- 2.
- 3.

When I need some company or someone to listen.

- 1.
- 2.
- 3.

When I need someone to encourage me to get out of my room, house and do something fun,

- 1.
- 2.
- 3.

When I need reminding to use my coping skills.

- 1.
- 2.
- 3.

Some things that I enjoy doing (coping skills)

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |