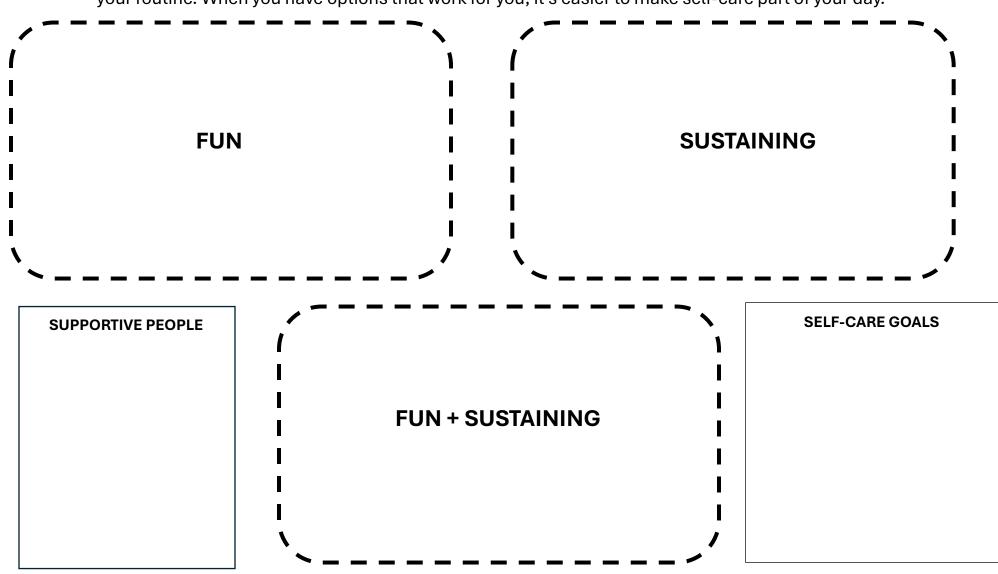# _____'s Self-Care Menu

Self-care keeps you healthy, balanced, and feeling like yourself. It's ongoing and works best when it's part of your routine. When you have options that work for you, it's easier to make self-care part of your day.

FUN

SUSTAINING

SUPPORTIVE PEOPLE

FUN + SUSTAINING

SELF-CARE GOALS

HOW I WILL ACCOMPLISH:
(circle 1-2)

APPS   **WRITE IT DOWN**   **TELL AN IMPORTANT PERSON**   **SCHEDULE IT**
GAMIFY WITH POINTS   _____

_____'s Coping Skills Toolbox

Coping skills can help us take care of ourselves when we're dealing with something difficult, challenging, or high stress situations. Fill up your toolbox now and use it whenever you need a little extra care.

THINGS I ENJOY	CARE FOR MY BODY	SHIFT MY PERSPECTIVE
CONNECT WITH OTHERS	**PRIORITIZE & ORGANIZE**	**CALM MY MIND**