**Self-care Action Planning**

Strategies I plan to use daily or weekly:

Emotional and self-awareness strategies:

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Positive Self-talk Strategies:

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| Self-Care Strategies: | When: |
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| Barriers to maintaining my self-care plan: | How will I address these barriers and remind myself to practice self-care: |
|  |  |

Signs that show I may need to use these skills more or identify new skills and/or supports:

How my body feels:

Behaviors I am engaging in:

Emotions I am experiencing:

How I interact with others (e.g. withdrawing or being argumentative):

When I feel this way, I will: