My Self-Care Plan

Integrating Innovative Employment & Economic Stability Strategies into TANF Programs



React			
WHAT ARE MY TRIGGERS?	1		
	2		
	3		
HOW DO I USUALLY RESPOND?	Body:		
	Brain:		
	Feelings:		
Regulate			
I WILL USE THESE STRATEGIES (CHECK THE MOST HELPFUL TO YOU):	WINDOW PANE BREATHING STRATEGIES VISUALIZATION	QUESTION REFRAME HEAD TO TOE SCAN MANTRA	OTHER
Respond			
MAKE A LIST OF THREE THINGS YOU WILL BRING BACK TO YOUR PROGRAM.	1		
	2		
	3		
MAKE A COMMITMENT	When will I do it?		
	What will motivate me to do it?		
	Where can I get support and encouragement?		

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