

# My Self-Care Plan



## 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?