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| --- | --- | --- | --- | --- | --- |
| My Daily Self-Care Plan | | | | | |
| **Body** | **Mind** | **Spirit** | **Emotions** | **Relationships** | **Work** |
| List your favorite practices for each category. |  |  |  |  |  |
| My Top 3 Positive Coping Strategies | | | | | |
| Record 3 strategies that you want to get in the habit of using. | | | | | |
| My Emergency Self-Care Plan | | | | | |
| **Helpful (To Do)** | | | **Harmful (To Avoid)** | | |
| List your top 5 emergency self-care strategies. | | | List five practices, people, places, or things to avoid during times of crisis or stress. This will serve as a helpful reminder to keep you on-track. | | |