

# SELF CARE PLAN

Self-care is the process of taking care of yourself through the use of activities and strategies. A self-care plan can help to enhance your health and wellbeing, manage stress and cope with the ups and downs of life. Have a go at developing your own! Fill out each section with activities and strategies you can do for yourself.

S

*Social*

E

*Engage*

L

*Living*

F

*Faith*