## YOUR PERSONAL CARE PLAN

This will serve as a personalized guide that you can turn to during overwhelming moments, reminding you of self-care practices and resources for when you might feel most alone or lost.

PEOPLE TO REACH OUT TO	FAVORITE DISTRACTIONS
DAILY NON-NEGOTIABLES	
	FAVORITE AFFIRMATIONS
PLACES I FEEL CALM	
	FAVORITE MOOD BOOSTERS

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