

_____’s Self Care Plan

Use this plan in moments when you’re feeling down or feel like you need to do something to take care of yourself and show yourself love ❤️

Triggers

How do you know you need to start using your self care plan? Triggers are unique to everyone.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Things to do

These are things that help you feel better, bring you joy, or are helpful ways of taking care of yourself. They can look different for everyone, but some examples include: eating, taking a walk, taking a shower, playing with a pet, breathing exercises, journaling, coloring, watching your favorite show, reading a book, listening to music etc.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

People to contact

These can be friends, family members, or other support systems. They can be people who you want to talk to about an upsetting situation or challenging feelings, or people who you talk to as a distraction to help you feel better.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Professional resources

- ☐ NYC Well
 - Phone: 1-888-692-9355
 - Website: nycwell.cityofnewyork.us
 - Text “WELL” to 65173

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