



SELF-CARE PLAN



THINGS THAT BOTHER/FRUSTRATE/ANNOY ME AT WORK

- _____
- _____
- _____

WAYS I CAN MANAGE THOSE STRESSORS

- _____
- _____
- _____

1 PERSONAL GOAL FOR THE:

WEEK:

- _____

MONTH:

- _____

YEAR:

- _____

PHYSICAL ACTIVITY THAT HELPS ME RELIEVE STRESS

- ☐ CARDIO ☐ STRENGTH ☐ YOGA
☐ STRETCH ☐ OTHER: _____

GOAL FOR HOURS OF SLEEP



FAVORITE HOBBIES/INTERESTS

- _____
- _____
- _____

GOAL FOR WATER INTAKE



PEOPLE I CAN TALK TO ABOUT STRESSFUL WORK DAYS

- _____
- _____

PEOPLE I CAN TALK TO ABOUT PERSONAL ISSUES

- _____
- _____

THINGS THAT I AM GRATEFUL FOR

- _____
- _____
- _____

STRESS ALLEVIATING ACTIVITIES

- _____
- _____
- _____