

# MY SELF CARE PLAN

### **EXERCISE**

Take a hike, dance or lift weights... just move



#### **MUSIC**

Listen to music with a friend or by yourself



#### **JOURNAL**

Write down all the good things that happened in your day



## **MINDFULLNESS**

Yoga, breathing exercises, or just quiet thoughts



#### NUTRITION

Fresh fruit, veggies, and lots of water

