

My Self Care Plan

PREVENTING BURNOUT & LOVING LIFE

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Self Care Examples

Take pleasure in creating a self care list that makes you feel happy. The listed activities need not cost any money.

Post yours in a visible area when you're finished. When you notice yourself getting overwhelmed, pick one and enjoy it!

1. Nature Bathing a.k.a. walking outside
2. Practicing Deep Breathing
3. People watching in my Local Library
4. Listening to my favourite music
5. Calling a friend who listens
6. Spending time with your pet
7. Cooking a nice meal
8. Colouring or Doodling
9. Playing Solitaire with real cards
10. Reading a favourite book

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