

Self-care Planner



Spiritual

- meditate or pray
- journal
- spend time in nature
- _____
- _____
- _____
- _____

Mental

- practice gratitude
- spend less time on social media
- attend a counselling session
- _____
- _____
- _____
- _____

Physical

- stretch or exercise
- sleep well
- drink water
- _____
- _____
- _____
- _____

Emotional

- time with loved ones
- set healthy boundaries
- do something creative
- _____
- _____
- _____
- _____