

# Self-Care

WWW.SEEETHETRIUMPH.ORG

## My Self-Care Action Plan

Signs I'm starting to get burnt out:

Ways I can relieve stress:

People I can depend on for support:

Sources of professional support (e.g., a counselor or healthcare provider):

Music I can listen to and relax:

Places I can go to feel happy and calm:

Positive affirmations to remind myself of my value: