



## SELF-CARE STRATEGIC PLAN

This is a plan for looking after yourself in your work AND life.

Situation	Strategies
When I do something well I will:	1. 2.
When I feel overwhelmed I will:	1. 2.
When I feel stressed I will:	1. 2.
When I need/want some help I will:	1. 2.
Things I enjoy doing outside of work and commit to doing every week:	1. 2. 3.