



Wellness Self Care Plan

By taking a few moments now to fill in this sheet, you'll find benefit many times over in the coming months.

Signs that I'm starting to be overextended or experience burnout:

Healthy ways I can alleviate stress:

People I can count on for support:

Sources of professional support (i.e. counselor, wellness, healthcare providers):

Music and sounds I can listen to and relax:

Places I can go to help me feel happy and calm (in person or visualize in my mind):

Activities and practices I can do to be more peaceful, energized, and like myself:

Positive sayings or words to remind me of staying on course and my values:

Use the easy 10-second STOP practice between your activities today.



Find more self care tools at bainbridgeprepares.org/wellness.