HANDOUT 4D

Self-Care Plan

Participating in self-care activities that meet your own needs is an important step in parenting effectively. Think about self-care activities you can do this week that will help you meet your needs and write them down in the box on the right. Some examples of self-care activities that you can choose from are listed below. When selecting activities, think about the following questions:

- > What brings me joy?
- ➤ What helps me feel calm and relaxed?
- > What helps me feel energized?
- ➤ What makes me feel fulfilled?

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	Self-Care Activity Examples	(Self-Care Activities
	Exercise		I Will Do This Week
	Go for a walk or hike	1.	
	Take a nap		
	Listen to music		
	Get a massage	2.	
	Take a long bath or shower		
	Have a cup of tea		
	Talk to a friend	3.	
	Read a book		
	Do some art or engage in a hobby		
	Watch a movie or show	4.	
	Listen to a podcast		
	Journal		
	Meditate or pray	5.	
	Spend time outdoors		
	Make a gratitude list		

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