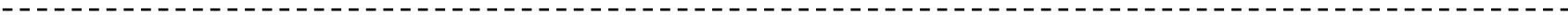


# Identifying Your Self-Care Needs- Emergency Self-Care

It can be helpful to have strategies to ensure that you practice self-care, especially in times of heightened stress. If you take time to develop a plan in advance, it will be there when you need it.



## Emergency Self-Care Plan

List 3 people you can talk to, and include their phone number. This can include a support line.	List 3 activities that you find calming/grounding.	List 3 affirmation that you find comforting
1	1	1
2	2	2
3	3	3