

MY SELF CARE PLAN



Micro Moments

- What makes you smile?
- 5-Finger Breathing
- Hands-on-Heart
- Brew a cup of coffee/tea

When I have a micro minute, I will:



Some Moments

- Go for a Walk
- Read a book/Listen to Music
- Take a Shower
- Call a Friend

When I have some moments, I will:



Many Moments

- Go on a nourishing outing
- Engage in a hobby
- Attend a support group
- Explore some thing/place that is new

When I have many moments, I will:

