



_____ 's Self-Care Sheet

What can I do to recharge when I'm feeling low?

I can recharge my body by....

1. Going for a walk
- 2.
- 3.
- 4.
- 5.

If I'm feeling low, some things that help make me feel better include

- 1.
- 2.
- 3.
- 4.

Things that make me happy

- 1.
- 2.
- 3.
- 4.

People I can talk to and who make me feel positive about myself

- 1.
- 2.
- 3.

I can recharge my mind by

1. Getting plenty of sleep
- 2.
- 3.
- 4.