

# SELF-CARE PLAN

➤ **Healthy Activities (exercise, sleep, meditation, hobbies)...**

- 1) \_\_\_\_\_ 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_

➤ **Activities to Avoid (drug/alcohol use; certain people; staying awake all night)...**

- 1) \_\_\_\_\_ 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_

➤ **Positive Coping Thoughts (it's ok to feel this way; it's not a catastrophe, this will pass)...**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

➤ **Ways I can reach out for support (friends, family, groups, clubs)...**

People who are supportive

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

Positive environments (park, coffee shop, campus spot)...

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

➤ **Next steps I can take (specific behaviors to implement now to improve self-care)...**

1) _____	2) _____
3) _____	4) _____
5) _____	6) Use TAO <a href="https://us.taoconnect.org/login">https://us.taoconnect.org/login</a>
7) Watch <a href="#">Bobcat Mental Wellness Videos</a>	8) Use <a href="#">Phone Apps</a>

➤ **These steps will help me work towards my goal(s) of \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_

**Next Counseling Appointment:** \_\_\_\_\_