

# Well-being ACTION PLAN

Use the space below to plan your self-care, especially if you know it tends to be less of a priority on difficult days. It might include drinking more water, changing your bedding or getting an early night. It all counts.

## SIMPLE THINGS I KNOW HELP

## MEAL PLANNER IF NEEDED

## A SELF-CARE GOAL FOR THIS WEEK

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## SMALL THINGS FOR MY WELL-BEING

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02

03

04

05

EG. GO FOR A WALK, PHONE A FRIEND

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