

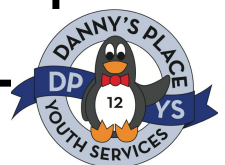
# Self Care Action Plan

My Signs of Burnout

My Stress Relievers

People I Can Reach Out To for Support

Helpful Reminders



When I'm  
feeling:

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Self Care Strategies:

When I'm  
feeling:

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Self Care Strategies:

When I'm  
feeling:

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Self Care Strategies:

When I'm  
feeling:

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Self Care Strategies:

When I'm  
feeling:

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Self Care Strategies:

