



Self-Care Planning Worksheet

- What activities or practices help me feel calm and safe?
- How can I use my senses to ground myself when I feel overwhelmed? (e.g., touch something soft, listen to calming music, smell a favorite scent, look at a peaceful image, taste something comforting)
- What are my early warning signs of stress or overwhelm?
- Who can I contact for support if needed?
- What small daily actions can I commit to for my wellbeing?
- What new coping skills or tools do I want to try?