

## CREATING A SELF-CARE PLAN

### Day 4: Identify Self-soothing Activities Based On Your Self-care Needs

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Now it's time to find the self-soothing activities to help meet your self-care needs and incorporate them into your plan. Brainstorm and ask yourself questions:

- What brings me joy?
- What makes me physically and mentally energized?
- When do I feel most at peace?
- What makes me feel fulfilled?
- What has helped me cope with life's challenges?

Here are some examples to get you started:



Socialize



Dance



Journal



Walking



Walk your dog



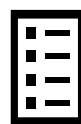
Listen to music



Go to a movie



Have a coffee  
with a friend



Keep a journal



Get outside

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