

CREATING A SELF-CARE PLAN

Day 5: Remove Barriers To Success

Now is the time to look back on those negative habits you identified earlier. How are they helping you in self-care? Are they self-destructive? Are they getting in the way of moving forward in health and well-being?

It's time to let those negative habits go. Are they preventing you from taking care of your health and wellbeing?

Reflect	Examine	Replace
Look at existing strategies and determine what is working and not working.	Look at the barriers that prevent you from participating in positive self-care activities.	Cut back and then eliminate negative coping strategies.

To view a recording of the Self-Care for Mental Health webinar, visit <https://attendee.gotowebinar.com/register/1898976863261196638>