MY WELLNESS PLAN

By: _____

I can take care of my mental health by...

- ☐ Deep Breathing
- ☐ Listening to Music
- ☐ Playing an Instrument
- ☐ Doing Art
- ☐ Taking a Nap
- ☐ Writing a Story or
- ☐ Journaling
- ☐ Playing with my Pet
- ☐ Playing Outside
- ☐ Reading a Book
- ☐ Taking a Walk
- ☐ _____
- ☐ _____

I can take care of my physical health by...

- ☐ Eating a Piece of Fruit
- ☐ Eating a Veggie Snack
- ☐ Going to bed by 10 pm
- ☐ Getting Some Fresh Air
- ☐ Drinking a Glass of Water
- ☐ Taking a Shower
- ☐ _____
- ☐ _____

When I am upset, I can call someone to...

- ☐ Play a Game
- ☐ Go for a Bike Ride
- ☐ Grab a Bite to Eat
- ☐ Go for a Hike or Walk
- ☐ Watch a Movie
- ☐ Play a Sport
- ☐ Play Outside
- ☐ Go to the Library
- ☐ _____
- ☐ _____

My Trusted Adults are...

- ☐ Parents
- ☐ Grandparents
- ☐ My Aunts and Uncles
- ☐ Older Siblings
- ☐ Teachers
- ☐ Coaches
- ☐ School Counselors
- ☐ Camp Counselors
- ☐ School Nurse
- ☐ _____
- ☐ _____

I can tell I am feeling upset when I...

- ☐ Eat More or Less
- ☐ Can't Sleep
- ☐ Argue More
- ☐ Cry Easier
- ☐ Feeling Bored for Things you used to Like
- ☐ Want to be Alone a lot
- ☐ Feel Tired all the Time
- ☐ Feel Stressed and Nervous
- ☐ _____
- ☐ _____

Places I can go when I am lonely are...

- ☐ My Friend's House
- ☐ A Family Member's House
- ☐ The Library
- ☐ A Park
- ☐ The Community Center
- ☐ _____
- ☐ _____

3 Things I am grateful for are...

1. _____
2. _____
3. _____

Scan the QR Code if you Want more Support!