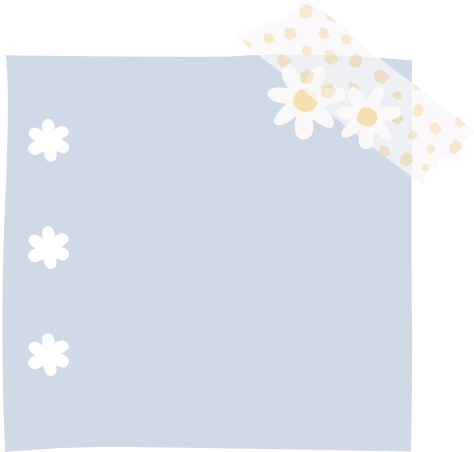


Self-Care Plan

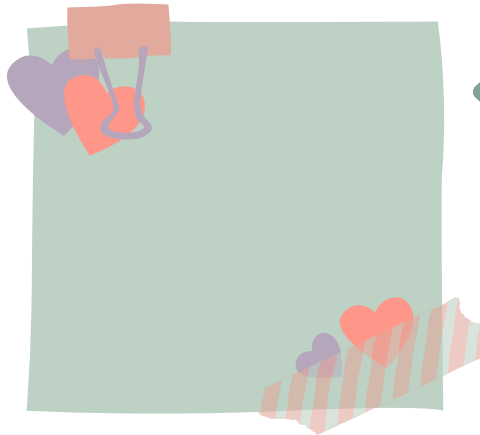
Community

Talk to a friend or family member; attend a community gathering



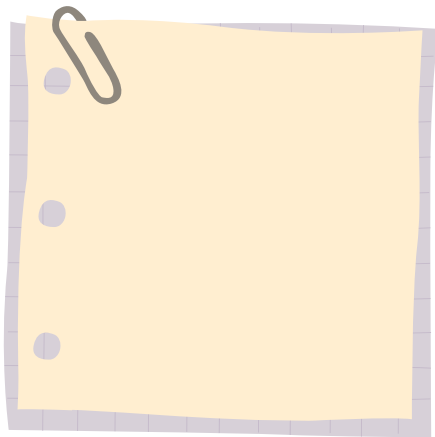
Physical

Get enough exercise, sleep, and good foods



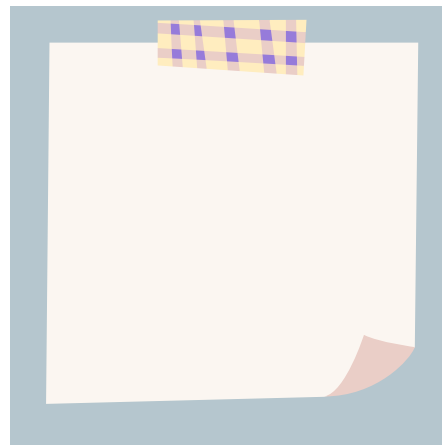
Intellectual

Read a book; talk to an elder, rest your mind



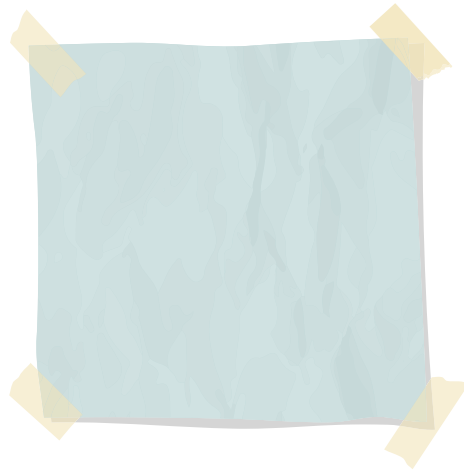
Emotional

Engage in activities that involve each of the senses



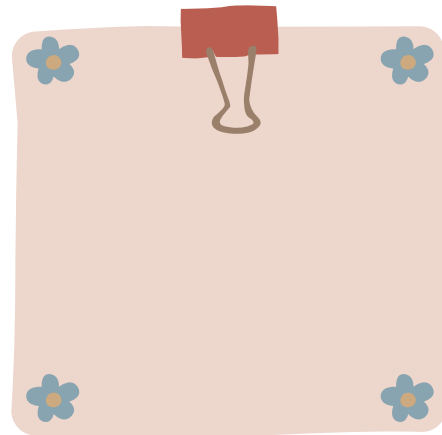
Financial

Create a realistic budget; make a savings plan



Spiritual

Create a quiet place for contemplation



Occupational

Build relationships with co-workers; Create a work-life balance



Environmental

Plant a tree; declutter your personal space

