

WINTER WELLNESS & SELF-CARE PLAN

3 of My Strengths:

Three light blue rounded rectangular boxes for writing strengths.

Something I am looking forward to:

Four white circular checkboxes for listing things to look forward to.

My Plan to Stay Safe:

When this happens...

1. _____
2. _____
3. _____

Safe people:

1. _____
2. _____
3. _____

I can cope by...

1. _____
2. _____
3. _____

Safe Places:

1. _____
2. _____
3. _____

Safety & Support Resources:

988 National Suicide Prevention Lifeline: Call or Text 988
1-800-273-8255 (suicidepreventionlifeline.org)

Crisis Text Line: Text "Home" to 741741 (crisistextline.org)

National Domestic Violence Hotline: 1-800-799-7233 (thehotline.org)

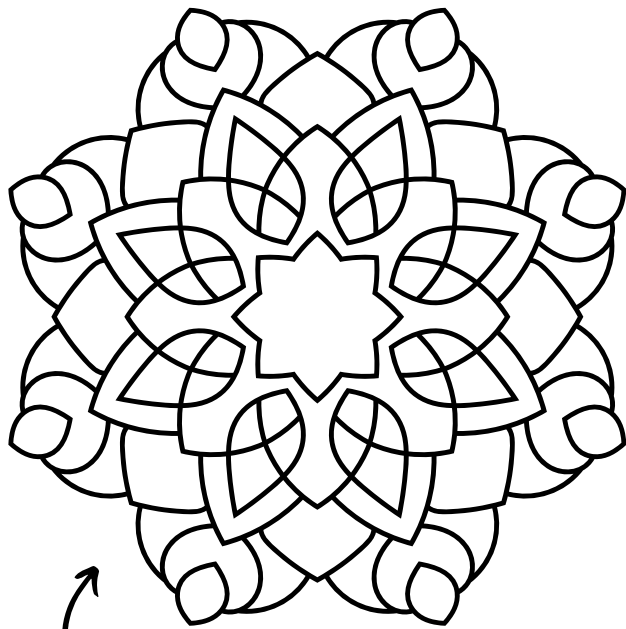
WINTER WELLNESS & SELF-CARE PLAN

Bucket List

- _____
- _____
- _____
- _____
- _____

PEOPLE TO SEE/CALL

- _____
- _____
- _____
- _____
- _____



(COLOR ME IN)

RELAXING ACTIVITIES TO HELP DE-STRESS

-
-
-
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