

# My Self-Help/ Self Care

Name:

Date:

## Wellness Tools

---

Write down wellness tools that are working well for you now.

## Support

---

Describe what kind of support would be most helpful. What are you looking for?

## Wellness Tools

---

Wellness Tools are simple, safe, free or inexpensive. They can be anything that works for you including activities, things, people, animals, journeys. You should enjoy your time using wellness tools and they should support your overall feelings of wellbeing.

## Support

---

People benefit from many different kinds of support from people, to places, to schedules. Supporters are people you can call on when you need to or want to. Supporters find your worth as a human being, and are people you can trust and count on.

## List Active Supporters

---



## Notes

---