

## Self-Care & Stress-Management Plan

*What can you do to take care of your...*

	What is it?	How often do you wish to do it?	How long might it take you?
<b>Physical Health?</b>			
<b>Mental Health?</b>			
<b>Spiritual / Emotional Health?</b>			
<b>Intellectual / Professional Health?</b> (keeping well while at work)			
<b>Social Health?</b> (connections to friends & family)			
<b>Other?</b>			