

DOPE Response Team's Wellness Care Plan

Due to our challenging work and whatever is going on for us personally, it can be helpful to take a moment to create a wellness care plan for yourself. You may not know the answers to all the questions, but do what you can and draw on it when you need/can.

We all deserve wellness!

When do I know I am out of balance?

Ex: not eating/loss of appetite/not sleeping/feeling angry/don't care about anything

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things that feel like self care to you:

Ex: journaling/ washing the dishes/ making a meal/sitting quietly/making arts and crafts/having a nap

- 1.
- 2.
- 3.
- 4.
- 5.

List two distractions and two relaxing activities that you enjoy:

Ex: reading/tv/video games/walks/singing/slow deep breathing

Distractions:

- 1.
- 2.

Relaxing Activities:

- 1.
- 2.

Write two short positive statements that are true to you:

Ex: I am a good person that has a lot to give!/ All people are valuable in my community, including me!/ I have permission to feel better!/There is a lot of love and care surrounding me!

- 1.
- 2.

Make a call or send a text or see someone:

List 2 people that you can call/see and what you are going to say! You don't have to talk about your stuff, you just don't have to be alone with it either!

Person 1/Phone number:

Person 2/Phone number: