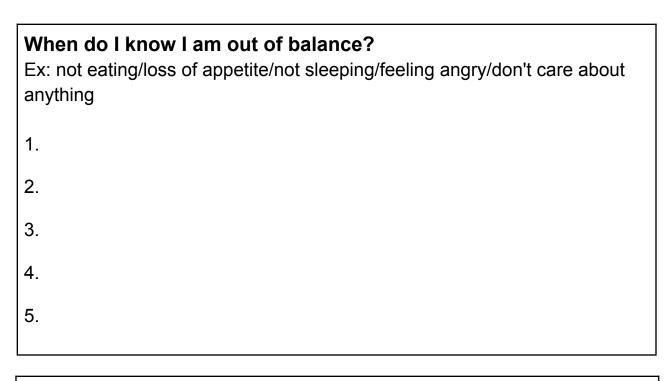
DOPE Response Team's Wellness Care Plan

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!



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: