

My self care plan

Name: _____

Date: _____



South West
Yorkshire Partnership
NHS Foundation Trust

Warning signs I'm starting to become stressed:

What's going on?

Thoughts

Feelings

Things I can do that help:

Things I can say to myself:

People who can help me and when are they around?

Useful contact numbers:

Something I'm looking forward to:

My high risk situations:

With **all of us** in mind.