

# My Self-Care Action Plan

## Stress Management

### Signs I'm starting to feel burnt out

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### Ways I can relieve stress

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### People I can depend on for support

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### Music I can listen to for relaxation:

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### Places I can go to feel happy and calm

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**Exercises I can do to relieve the stress**

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**What are the things in my life that I am grateful for that I can think about?**

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