

MY SELF-CARE WELLNESS PLAN

Physical			Mental			Emotional	
Nutrition	Exercise	Sleep	Stress/coping	Mindfulness	Resilience	Self	Others

MY TOP THREE COPING STRATEGIES

1.	2.	3.
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MY EMERGENCY SELF-CARE PLAN

Helpful (to do)	Harmful (to avoid)



Registered Practical Nurses
Association of Ontario