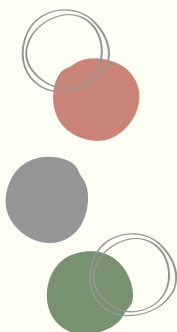


# CR<sup>3</sup> Self-Care Plan

*You Deserve Healing and Happiness*

## THINGS THAT MAKE ME HAPPY



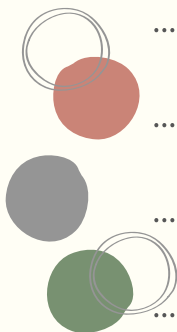
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## PEOPLE WHO UPLIFT OR INSPIRE ME



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## SELF-CARE

### You Deserve It!

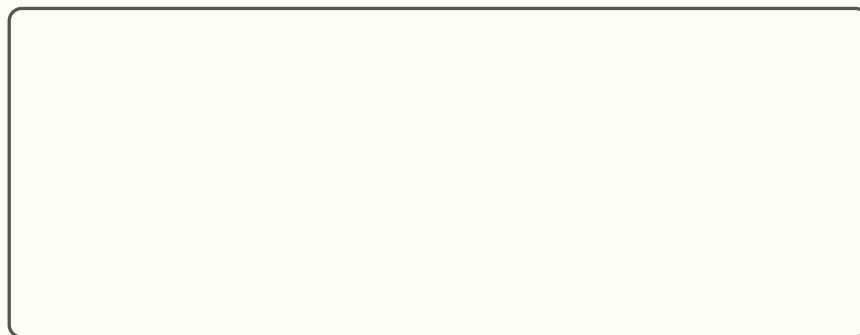
Self-care involves doing things to take care of your mind, body, and soul. Engage in behaviors that promote well-being, reduce stress and make you happy!

## SELF-COMPASSION

### Be Kind To Yourself

Self-compassion involves relating to yourself in a way that's forgiving, accepting, and loving, even when you fail or make mistakes. It's treating yourself as you'd treat a good friend.

## WAYS I WILL BE KIND TO MYSELF





# CR<sup>3</sup> "Feel Better" Activities

## Instruction

Fill these spaces with your favorite activities. Try to remember them when you're not feeling your best.

## MY FAVORITE

### Favorite Movies

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.....

.....

### Favorite Places

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.....

.....

### Favorite Games

.....

.....

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## THINGS I DO WHEN I'M SAD

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.....

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## THINGS I DO WHEN I'M BORED

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.....

.....

## THIS YEAR I'M LOOKING FORWARD TO

.....



# 30 Self-Care Challenges

<input type="radio"/> Stretch all your muscles	<input type="radio"/> Drink more water	<input type="radio"/> Go for a walk in nature	<input type="radio"/> Indulge in your favorite treat	<input type="radio"/> Go to bed earlier
<input type="radio"/> Listen to your favorite song	<input type="radio"/> Do Breathing Exercises	<input type="radio"/> Take a nice bubble bath	<input type="radio"/> Cook your favorite meal	<input type="radio"/> Exercise
<input type="radio"/> Go on a solo date	<input type="radio"/> Journaling	<input type="radio"/> Give yourself a facial	<input type="radio"/> Practice gratitude	<input type="radio"/> Try a DIY Project
<input type="radio"/> Watch the sunrise	<input type="radio"/> Read a book	<input type="radio"/> Try something new	<input type="radio"/> Watch your favorite movie	<input type="radio"/> Give yourself a manicure
<input type="radio"/> Call a good friend	<input type="radio"/> Relax and do nothing	<input type="radio"/> Write out your goals	<input type="radio"/> Organize your closet	<input type="radio"/> Watch the sunset
<input type="radio"/> Give yourself a break	<input type="radio"/> Learn a new skill	<input type="radio"/> Give yourself a compliment	<input type="radio"/> Watch a funny video	<input type="radio"/> Drink plenty of water