

Self Care Plan

List activities that increase and decrease your wellness / resilience in the following locations

Home

Work



A 2x2 grid structure defined by dashed black lines. The vertical line separates the "Home" column on the left from the "Work" column on the right. The horizontal line separates the "Increase" row (top) from the "Decrease" row (bottom). The four quadrants are currently empty, intended for listing activities.

