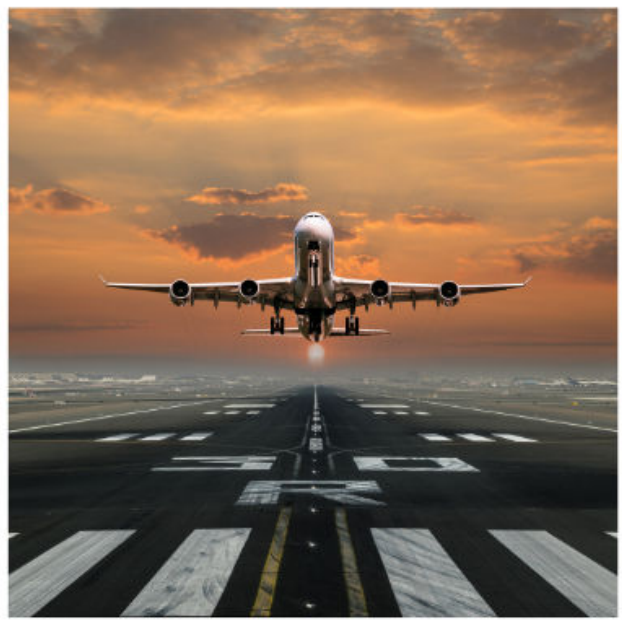
Sanctuary Toolkit:

Self Care Plans

Must put your own oxygen mask on first



Self Care Plans should be practiced **regularly** and **proactively.**

By taking care of ourselves, we are then able to provide quality care and support to others.

Creating your Self Care Plan:

Areas of focus:	Sample behaviors:
Personal	
• Physical	Physical activity - exercise, dance, walk
• Psychological	Set & maintain boundaries
• Social	Spend time with children, pets
• Moral/Spiritual)	Develop one's spiritual side as a grounding tool
Professional	Use a team for support
Organizational	Create a culture of nonviolence
Societal	Community involvement

Palm Beach County
Board of County Commissioners