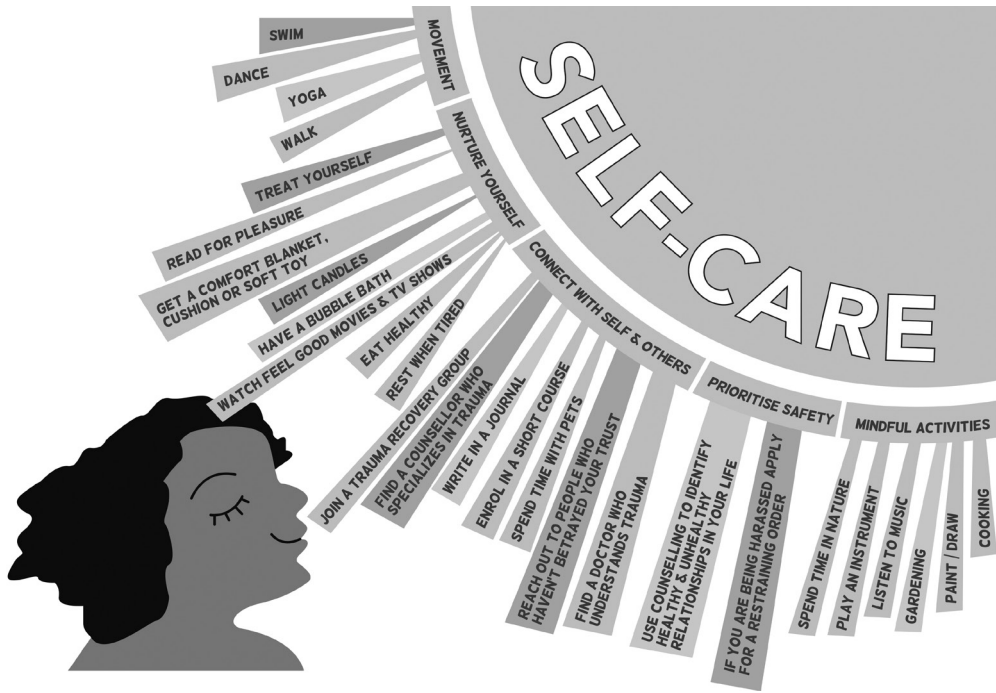


Taking action 2: Identify self-care strategies



Write one self-care action that you could do for each category:

Movement: _____

Nurture yourself: _____

Connect with self and others: _____

Prioritise safety: _____

Mindful activities: _____

