

MY SELF-CARE SHIELD

The image shows a large shield shape divided into six equal sections by a vertical line down the center and two horizontal lines. Each section contains a prompt for self-reflection.

How I take care of myself on a regular basis	How I take care of myself when I'm feeling down
Some reasons I'm proud of myself	Some things I like about myself
People to talk to when I'm down	Things that make me happy to think of

How I take care of myself on a regular basis

How I take care of myself when I'm feeling down

Some reasons I'm proud of myself

Some things I like about myself

People to talk to when I'm down

Things that make me happy to think of