

Self-Care Plan

Dimension	Tools: What types of formal tools can be used in this area? What would work for this parent?	Techniques: What types of techniques could be used to further the dimension?	Resources: Who are the people, places or organizations that could be accessed?
Physical Health: What can be done to support the body			
Spiritual Health: What can be done to support the soul?			
Emotional Health: What can be done to support the feelings?			
Mind Health: What can be done to support the thoughts and perceptions that are sure to come?			
Other: What have we missed?			