ADULTS & TEENS | PRINTABLE WORKSHEET

Creating a Self-Care and Recovery Plan



WHAT THIS IS

Recovery is built through small, steady habits. A plan helps you protect your energy and notice progress.

HOW TO USE IT

1. Choose one action per area.
2. Schedule it into your week.
3. Review monthly and adjust.

EXAMPLE

"Physical: 10-minute walk after lunch. Social: Sunday call with my sister."

Area of care	One action I will take	When
Physical Sleep, food, movement, medical care		
Emotional Feelings, journaling, therapy, creative outlets		
Social Connection, boundaries, support groups		
Spiritual / meaning Faith, values, nature, purpose		
Practical Routines, finances, organization, safety		
Rest & joy Play, hobbies, quiet, laughter		

Signs I am doing better

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Signs I need extra support

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A kind message to myself on hard days:

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Go at your own pace. Skip anything that feels like too much, and stop any time. Trauma education and self-help materials are not a substitute for individualized trauma-informed care.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.