

My Mental Wellness Plan

Progress over perfection. Small steps matter.

Emotional Wellness

One way I'll practice emotional wellness is to:

Social Wellness

People I can reach out to:

Wellness
Word

2026

Rest & Physical Wellness

One habit that supports my energy is...

Purpose & Meaning

One activity that feels meaningful is...



When Things Get Hard Plan

Make a plan before stress becomes overwhelming.

Micro Moments of Care

- take 3 deep breaths
- step outside
- drink water intentionally
- move body gently
- offer myself kindness

When I notice I am overwhelmed I will:

- pause and breathe
- lower expectations
- reach out to:
- use a grounding strategy

My early warning signs that I am getting overwhelmed are:

●	_____
●	_____
●	_____
●	_____

Boundaries that protect my energy:

- This year I need less of:
- This year I want more of:

