

# 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:

