

# My Wellness Abroad Plan

## IDEAS FOR SELF-CARE:

Activities that nurture and revitalize me (e.g. walk in nature, sit with a soft blanket, drink herbal tea, read something inspiring, listen to relaxing music or guided meditation):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## COPING STRATEGIES:

Things I can do on my own to take my mind off of missing home (e.g. write in a journal, create art, go for a walk, watch funny videos, call a supportive friend):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## PEOPLE & SOCIAL SETTINGS THAT PROVIDE DISTRACTION WHEN THINGS ARE NOT GOING WELL:

- |                  |                |
|------------------|----------------|
| 1. NAME: _____   | CONTACT: _____ |
| 2. NAME: _____   | CONTACT: _____ |
| 3. PLACES: _____ |                |

## PEOPLE WHOM I CAN ASK FOR HELP WHEN THINGS ARE NOT GOING WELL:

- |                |                |
|----------------|----------------|
| 1. NAME: _____ | CONTACT: _____ |
| 2. NAME: _____ | CONTACT: _____ |
| 3. NAME: _____ | CONTACT: _____ |

## MY WARNING SIGNS OF CRISIS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:

Local mental healthcare providers: \_\_\_\_\_