

# SELF-CARE PLAN: NAME: \_\_\_\_\_

NAING GI KAY • AKWEMIAM • NÁAŁWO

I can practice healthy habits by... (sleep, food, etc.)

People who I trust that I can reach out to are...

I can connect to my community and culture by...

I can exercise or move my body by...

I can connect to nature and release my worries by...

I would like to learn more about...

I can relax my body and mind by...

HOŁ BOHÓNEEDZá • KYUNH'PAYA'MAH"

DETSEMAK TS'UMME • MAH MAUH SOOH LOOM MAH

DUU BEE JAAN EE DEEDA • CHA'BAHTZ'TH'IIYA HOPAH