MENTAL HEALTH AND ANXIETY

Self-Care Plan

It can be hard dealing with anxiety, and it can be even harder dealing with it alone. Creating a Self-Care Plan can help with how you are feeling whether that be anxious or worried as well as improving your mood if you are feeling low.
A Self-Care Plan can be created for you based on your interest, hobbies or things that make you happy. It is important to dedicate some time to reflect and this can be done through creating a plan such as this: