

FOLLOW ALONG SELF-CARE PLAN

SOCIAL WORK RECOGNITION: NOURISH TO FLOURISH



**CENTER FOR THE STUDY
& PROMOTION OF COMMUNITIES,
FAMILIES, & CHILDREN**

Week #1:

Personal Warning Signs

Showing Self-Compassion

Week #2:

Emotional

Psychological

Week #3:

Professional

Spiritual

Week #4:

Physical

Personal

Week #5:

Relationships

Environmental