

## My self-care plan

Make a note of all of the emotions you may experience after sharing your story and consider what you could do for these. We've shared some examples to get you started, but this is about what works for **you**.

If I'm feeling.....	...then I will:
<b>Vulnerable</b>	Share my feelings with a trusted contact Choose a simple self-care activity
<b>Energised</b>	Celebrate with my partner Write down my feedback to share with MMHA
<b>Drained</b>	Speak with the Lived Experience Coordinator Choose a simple self-care activity
<b>Proud</b>	Celebrate with a partner/family member/friend Share on social media
	
	