SOMATIC CARE PLAN

BELOW LIST THE SOMATIC TOOLS & TECHNIQUES TO PRACTICE REGULARLY. NEXT TO THAT YOU WILL LIST WHAT IT HELPS WITH

SOMATIC TOOL/TECHNIQUE	WHAT IT HELPS WITH

SOMATIC CARE PLAN

BELOW LIST THE SELF-CARE ACTION ITEM TO PRACTICE REGULARLY.
NEXT TO THAT YOU WILL LIST WHAT IT HELPS WITH

SELF CARE ACTION ITEM	WHAT IT HELPS WITH

SOMATIC CARE PLAN

BELOW LIST THE MINDFULNESS ACTION ITEM TO PRACTICE REGULARLY.
NEXT TO THAT YOU WILL LIST WHAT IT HELPS WITH

MINDFULNESS ACTION ITEM	WHAT IT HELPS WITH