**Playbook to Inject the Healthy Undercurrent of Structure, Education and Support**

*Mental or Physical Impairment Seed*

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**Self-Care Plan**

**Who:**

* Mom, uncle, youth, PLL therapist

**What**:

* Encourage Youth to practice Self Care on daily basis

**When**:

* Every day

**Where**:

* At home

**How:**

* Youth will perform 1 task from each of the following categories:
	+ Mental Self Care:
		- Read a Book
		- Write in journal
		- Call a friend
	+ Emotional Self Care
		- Take a long relaxing hot bath
		- Listen to some soothing music
		- Help mom prepare dinner
		- Draw a picture
	+ Physical Self Care:
		- Sit on the porch and eat some fruit
		- Go for a long walk
		- Go on the exercise bike
* Uncle will check in with youth every day to assist with the physical self-care and complete this task with youth
* Mom will check in with youth before 6pm to assess his progress with the tasks and assist him with them if necessary.
* PLL therapist will text youth twice per week with an encouraging text or words of support.
* Mom will sit with youth every night for 10 minutes and reflect on all the positives for the day or even just positive memories of their life together.