Teen Self Care Steps

Audit. Rate. Basics first. Recharge, not avoid. Plan small. Get help.

Name: _____ **Date:** _____

1. Safety sort

In danger or crisis? Get help first, not a plan.

2. Audit

What drained me and what refilled me lately?

3. Rate 6 domains

Body, emotional, social, digital, school, fun.

4. Basics first

Sleep 8 to 10 hrs, move, eat regular meals.

5. Recharge or avoid?

After this, am I more able to face it?

6. One small action

Per low domain. Free and specific.

7. Minimum day

3 to 5 smallest things for a bad day.

8. Signs + helpers

2 warning signs. 2 adults I will tell.

9. Weekly check in

Keep what worked. Shrink what was too big.

Same habit, two outcomes

Test: after this, am I more able or less able to face what is waiting?

Recharge Fun kept, task still happens.	One episode, then start homework at 7.
Avoidance Feels like rest, costs tomorrow.	Scroll until 2 a.m. so the essay waits.
Minimum day The floor on a hard day.	Water, one meal, text a friend, bed by 10.

Self care is maintenance, not a treat. It can be free and it is not selfish.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis or treatment. Prefer a safety plan in crisis.

Original layout by Lotus & Tulip, based on public health guidance and teen self care skills. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/self-care-activities-for-teens.html

My Teen Self Care Plan

Rate each domain 0 to 5. Pick one small, free action for the low ones.

Name: _____ **Date:** _____

Body: sleep, move, eat

Ideas: Bedtime goal, a walk, breakfast

Now: 0 1 2 3 4 5

My action: _____

_____

Emotional

Ideas: Name it, cry, journal, calm skill

Now: 0 1 2 3 4 5

My action: _____

_____

Social

Ideas: One real person, time off screen

Now: 0 1 2 3 4 5

My action: _____

_____

Digital and screen

Ideas: Phone sunset, mute one app

Now: 0 1 2 3 4 5

My action: _____

_____

School and time

Ideas: Map the week, first step early

Now: 0 1 2 3 4 5

My action: _____

_____

Fun and meaning

Ideas: Just fun + something that matters

Now: 0 1 2 3 4 5

My action: _____

_____

My minimum day plan (the floor on a bad day)

1. _____
2. _____
3. _____

Warning signs that self care is not enough for me

_____

_____

Adults I will tell: _____

If on minimum day for more than a few days, I tell them. Crisis: 988 · HOME to 741741 · 911

Recharge or avoidance? My go to habits

After this, am I more able or less able to face what is waiting?

Habit: _____ Recharge / Avoid / Depends

Habit: _____ Recharge / Avoid / Depends

Habit: _____ Recharge / Avoid / Depends

After one week: keep / shrink / drop / try instead: _____

Notes for my next check in:

_____

_____

_____

_____

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Teen Self Care Weekly Check In

Seven days. Small, honest notes. Partial wins count.

Name: _____ **Date:** _____

Day	Sleep (hrs)	Moved?	Phone sunset?	Connected with	Battery 0-5
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Teen mini card (cut out and keep)

Body · Emotional · Social · Digital · School · Fun

Basics first. Recharge, not avoid. Minimum day on hard days.

Not a treat. Not selfish. Not a treatment.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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