

T.A.C.O.C.A.T

Taking Awesome Care of Ourselves: + Cats Are Terrific



T.A.C.O Self-Care Plan by Carrie A. Bauer, LBSW- 2017.
Adapted to T.A.C.O.C.A.T. by Buffy Peters, September 2017.

Meat/Beans:
the supportive people in your life

Tomatoes:
the ways you care for your mind

Cheese:
the ways you care for your body

Salsa:
the ways you care for your spirit

Lettuce:
goals you have for yourself

CATS!!
the things you are grateful for

For more information please contact Hamilton's Academy of Grief and Loss at: 515-697-3666 or HFHAcademy@HamiltonsFuneralHome.com