

SELF-CARE WORKSHEET

Build your own self-care routine!

Set aside a few minutes in a quiet place, and answer the following questions:

1. Self-care is a deliberate action that benefits your mental, physical, and/or emotional health. List what feels like self-care for you (examples: stretch, walk, run, go outside, unplug from screens and/or social media, read, take a bath, practice gratitude, dance, journal, de-clutter, nap, laugh, slowly sip a cup of coffee):

2. How do you feel when you practice self-care?

3. Who benefits when you practice self-care and why?

4. What gets in the way of you practicing self-care?

5. Understanding the barriers to your self-care practice, how can you plan to work around them?

6. Why would you like to practice self-care?

7. What is one short, simple self-care practice that you can schedule into your day TODAY?

SELF-CARE WORKSHEET

Schedule your self-care!

OK, time to schedule.

Every **day**: schedule 2-3 short, simple self-care practices (examples: read for 5-10 minutes, listen to a favorite song while doing NOTHING ELSE, practice gratitude)

A few times a **week**: Schedule in at least 3 longer self-care practices, at least 15 minutes each (examples: call a friend, take a bath, go for a walk)

At least once a **month**: Schedule in a one- (or more) hour self-care practice (meet with friends in person or on Zoom, do something crafty/creative, go to a park or a museum)

Schedule out the next week (or the whole month!) and do your very best to prioritize yourself and stick with it. Eventually, your self-care will become a part of your every day routine and you won't need to schedule it anymore!

SAMPLE WEEK OF SCHEDULED SELF-CARE

MON	TUE	WED	THU	FRI	SAT	SUN
11 7am - Take 10 belly breaths Lunch break - Read for 15 min 10pm - Gratitude journal	12 7am - Take 10 belly breaths 8am - 30-min walk Lunch break - Read for 15 min 10pm - Gratitude journal	13 7am - Take 10 belly breaths Lunch break - Read for 15 min 7pm - Zoom with friend 10pm - Gratitude journal	14 7am - Take 10 belly breaths Lunch break - Read for 15 min 10pm - Gratitude journal	15 7am - Take 10 belly breaths Lunch break - Read for 15 min 8pm - take a bath 10pm - Gratitude journal	16 7am - Take 10 belly breaths 8am - 30-min walk 10pm - Gratitude journal	17 7am - Take 10 belly breaths 11am - Go to museum with family 10pm - Gratitude journal

NOTES: Do a check-in at 7am, 12 noon, 3pm, and 8pm - every day!

MY SELF-CARE CALENDAR

Make self-care a part of your everyday routine! Use this calendar to schedule daily, weekly, and monthly self-care practices.

MON	TUE	WED	THU	FRI	SAT	SUN

MONTH: _____

WHY I PRACTICE _____

SELF-CARE: _____