

# Self Care Workbook





In an effort to try to manage my stress and my emotions, I have been trying out different self care workbooks, worksheets and exercises I come across. Sometimes they work great, sometimes only bits and pieces of it. I have made it a task to put something more personalized for myself and wanted to share it with you. Often my challenge was that the activities came with no instructions and that would add on to my overwhelming feelings. Maybe everything won't be of use to you, but I hope you find something to help you find your happy space. I also encourage you to search for different workbooks, journals or activity sheets from different sources so you can learn what works best for you. My best friend Pinterest has tons of free and amazing resources! Please feel free to share this far and wide.

Please note that I am in no way a mental health professional. These are just exercise that have helped me personally. If you ever feel like you may be experiencing a mental health crisis, please reach out for help. You are worthy of it. NAMI (National Alliance on Mental Health) has free services available. Text NAMI to 741-741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message. To contact the NAMI HelpLine, please call 800-950-NAMI (6264), Monday through Friday, 10 a.m.–8 p.m., ET, or send an email to [info@nami.org](mailto:info@nami.org). You can also chat with them directly through their website [nami.org](http://nami.org).

# Overwhelming Feelings Exercise

Sometimes things that make us feel overwhelmed feel this way because we're not sure where to start or how to move forward with them. This feeling can be brought on by home or works tasks, interactions with certain people or new situations in general. This exercise can help us manage the way these situations make us feel. Start this exercise by taking 5 count breaths for 1 minute. If possible, set aside at least 15 minutes to concentrate on this so you can include a plan of action if needed.

## Things in my control now

These are things you can do immediately do to resolve what is making you feel overwhelmed.

## Things I can resolve by working on them

These are things you can works toward to alleviate what is making you feel overwhelmed. Crete actions steps to move towards them.

## Things out of my control

These are things that you cannot change and can be exhausting on your mind and soul. If possible, let them go and focus your energy on the things you can change or find a way to make them work for you!



# Intentions for Myself

Intentions are goals that you think will help you grow. These are promises to yourself and that you will work towards. When setting your intentions, it's better to start off nice and simple so it doesn't feel overwhelming. For example, If you want to eat better, you can say something like "I will make an effort eat healthier snacks". If we were to put something like, "I will eat zero sugar this month, it becomes a task and your intentions should feel exciting not like boring work.

## For My Soul

This can be meditation, prayer or any other practice you can do to feed your soul

## For My Relationship With Myself

These are intentions for yourself, do you need to be kinder with yourself? Maybe be more patient or forgiving?

## For My Body

Physical activity is proven to improve your mood and lift your spirit. Create a routine for yourself, even if its just a yoga class once a week or walking around your home for 20 minutes straight while listening to music.

## Intention Needs

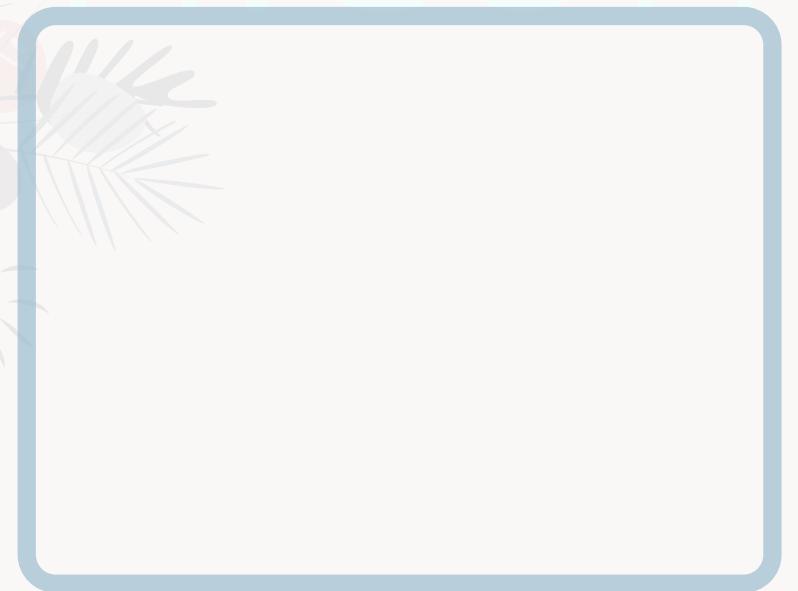
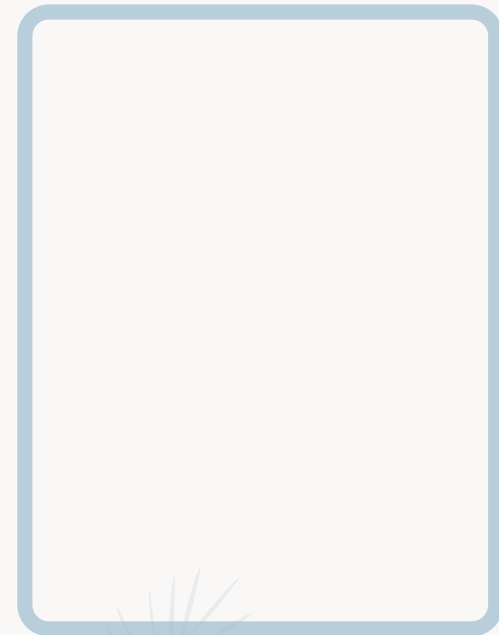
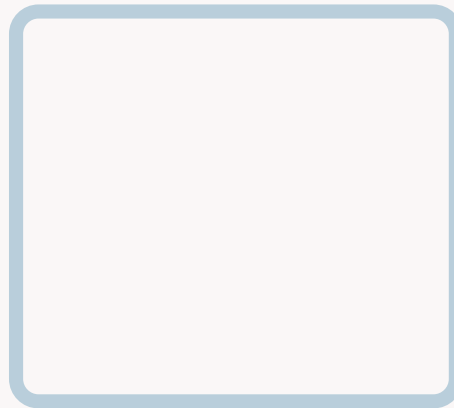
What do I need to make my intentions happen?



# Happy Places

Whenever you experience something that makes you feel happy, at peace or relaxed, add it to your happy place list! Next time you're feeling a little down, go back to your list and practice one of your happy place activities to cheer yourself up. Happy Places can be reaching a goal, sleeping in, taking an extra long shower, having a special treat or anything else that makes you feel happy.

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# I love me Bingo

Do something for yourself, you deserve it! Everytime you do something off the list, mark it. Your goal should be to cover all the squares in one month. Feel free to fill in the blank spaces with things not on the list or cross out the ones there and put your own in, you deserve it!

Gave myself a  
hand massage

Created a new  
playlist

Took a day off  
social media

Read a book, or  
a blog entry

Took a relaxing  
shower or bath

I took 10 deep  
breaths before  
getting out of  
bed

I slept in or took  
a power nap



# I'm...

You have a lot going on, what are some of the good things and some of the things you would like to work on or need help with?

*Enjoying*

*Enjoying*

*Struggling with*

*Happy for*

*Planning*

*Working on*

*Thankful for*

*Thankful for*

*Thankful for*



# In My Feelings

If you are having an especially big feelings day, good or bad, write about it in here. Do you know what triggered the feeling? Keeping track of your emotions can help you learn about how you deal with different situations emotionally and help you learn how to regulate them. If you ever feel like you want to harm yourself, please reach out for support, you are worthy of receiving help! Text NAMI to 741-741.

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

