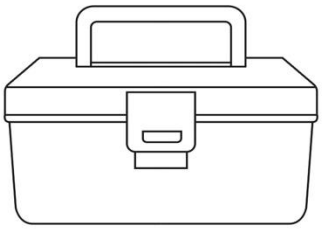
LINDSAY B COACHING

Building Your Self-Care Toolbox



Your self-care toolbox is an investment in your well-being. Your toolbox is a blend of strategies, resources, and practices to help you recharge, manage stress, and stay energized. By prioritizing self-care, you'll show up more fully in all areas of your life. Remember: Taking care of yourself isn't selfish, it's *essential*.

Step 1: Questions for Reflection:

- How do I know when I'm feeling overwhelmed or depleted?
- What are the early signs that I need to take a break?
- What activities give me false energy?
- What activities make me feel truly energized and refreshed?
- When was the last time I felt calm and what contributed to that feeling?

Step 2: Self-Care is... (Add In why self-care matters to you)

Step 3: Build your Toolbox (Add 1 – 2 items for each area)

Physical	Emotional	Mental	Social	Spiritual

Step 4: Toolbox in Action:

- AIM SMART Goals – Acceptable, Ideal, Minimum
- What is one thing I can schedule each week to recharge my energy?
- How will I remind myself to use the tools in my toolbox?

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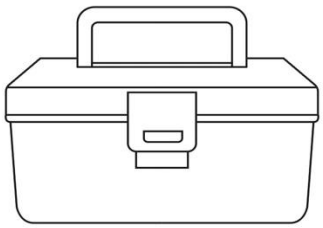
Examples of Self-Care Strategies



Self-care is a personalized practice of nurturing your physical, emotional, and mental well-being. Your toolbox should reflect your unique needs and preferences, evolving as you grow. Below are examples of what you might find in each area.

Physical	• Walking • Workout • Water / Food • Sleep • Massage / spa day
Emotional	• Journal • Creative Outlets • Deep breathing for regulation • Talk to trusted friends or therapy • Set boundaries with activities that drain you
Mental	• Reading • Learning a new skill • Declutter/ Brain dump • Meditation • Limit social media
Social	• Coffee dates • Join a group with shared interests • Quality time with loved ones • Planning a fun outing • Say no to events
Spiritual	• Quiet reflection or prayer • Connect with nature • Volunteer • Gratitude or affirmations • Travel