

Self-Care Organizer

| 2023 Edition |



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A guide for keeping self-care on track

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DISCLAIMER

The Self-Care Organizer was created to help people map out a personal self-care plan with the goal of achieving optimal wellness. The contents of the workbook are not meant to replace or substitute mental health or medical care.





Getting Started

It's not uncommon to share changes we want to make with others in our life such family, friends, or others we hold in high regard. It's natural to assume these people will support, cheer, and help us along the way. However, this isn't always true for everyone. Sometimes people are experiencing their own stressors and are not moving at the same pace in life as you. In these instances, support is unlikely to happen, at least not at the time you need it to or are expecting it. Don't let this stop you from getting started. Your self-care journey belongs to you and it is your responsibility to start and maintain it. The support you need will likely come in time from the right people meant to go on the journey with you. Keep in mind that the person you may be waiting for is YOU!

Tip: Identifying where you are in your change process is helpful to understanding your thoughts, feelings, and behaviors. Learning about the change process may help so I'm including this information for you to review. If you find it helpful, feel free to use it as a guide to getting started on your self-care journey and road to wellness.





The Change Process

There are many ways to go about making changes in your life. The research model presented here is a model that has been found to be really helpful understanding the change process.

It's important to note that the model presented here is simply a guideline for you to consider and one way for you to improve your understanding of: how health change behavior can naturally occur, steps you can take during each stage of your change process, how to move to the next stage of change, and maintain these changes moving forward.

What's most important is that your change process is individualized to fit your needs and that you are comfortable with the steps you are taking to understand, start, and maintain health behavior changes in your life

Be Change!



Stages of Change

Prochaska & DiClemente, 1970's

STAGE 1: PRECONTEMPLATION-MAY WANT TO CHANGE BUT NOT IN THE NEAR FUTURE, HAVEN'T YET IDENTIFIED THE BENEFITS OF CHANGING, MAY BE RELUCTANT TO ATTEMPT CHANGE DUE LACK OF ENERGY OR MOTIVATION OR THINGS NOT WORKING OUT THE WAY YOU PLANNED THE LAST TIME.

STAGE 2: CONTEMPLATION-THINKING ABOUT CHANGING BUT NOT QUITE SURE WHERE TO START OR WHEN YOU WANT TO START.

STAGE 3: PREPARATION-GETTING READY TO TAKE ACTION, MORE CONFIDENT ABOUT ABILITY TO CHANGE AND REACH YOUR GOALS. IDENTIFYING STEPS TO TAKE. MAY HAVE ALREADY TAKEN SOME STEPS TOWARD YOUR GOAL.

STAGE 4: ACTION- ACTIVELY DOING THINGS DIFFERENTLY, BUILDING SELF-CONFIDENCE AND SELF-BELIEF MORE AND MORE WITH EACH STEP TAKEN. SEEING YOUR EFFORTS PAY OFF!

STAGE 5: MAINTENANCE-GREATER LEVEL OF SELF-CONFIDENCE. PROVEN TO SELF THAT ACHIEVING PERSONAL GOALS IS POSSIBLE. SUCCESSFULLY MANAGED ANY OBSTACLES ALONG THE WAY!

self-care

verb.

"An intentional set of actions done consistently to take care of your whole self."

Jennifer McClendon



Question

WHAT HAPPENS WHILE I'M DOING ALL THIS SELF-CARE?

Answer

THE OUTCOME OF EVERY ACT OF SELF-CARE IS THE AUTHENTIC SELF GROWS STRONGER. THE CRITICAL AND FEARFUL MIND LOSES ITS POWER. SELF-CARE ALLOWS WELLNESS TO BECOME CLEARER AND MORE ATTAINABLE. (unknown)





Types of Stress

Physical effects of stress

Includes an increase in muscle tension, headaches, bloating, fatigue, trouble concentrating, and problems with sleep, appetite, and concentration.

Emotional effects of stress

Feelings of worthlessness or not being good enough, anxious or nervous, sad or depressed, difficulty relaxing, negative view of most things, excessive sarcasm, feelings of being taken for granted.

Behavioral effects of stress

Procrastination, lack of patience, low productivity, preoccupying your self with meaningless tasks, withdrawing from people, complaining alot about work or life

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What are my stressors

For example: finances, family, work, relationship, lack of support.
Use the space below to write out your stressors.

How am I currently coping with my stressors?

For example: avoiding, alcohol, sex, eating, lashing out. Use the space below to write out your current stress coping mechanisms.





How do I want to cope with my stressors?

For example: counseling, exercise, eating healthy, new job, moving, relaxing. Use the space below to write out how you want to deal with your stressors.

What will be different once things improve?

For example: happier, money saved, new house, new job. Use the space below to write out the things that will change as a result of using your new coping skills.





What resources do I need to address my stressors?

For example: money management course, job leads, counseling. Use the space below to write out the the resources you will need to address your stressors.

A large, empty gray rectangular area intended for the user to write their answers to the question above.



What is my starting point?

The goal of the exercise is for you to start to feel empowered on your self-care journey. Identifying a starting point, for example addressing one stressor at a time, can help you stay self-accountable and minimize emotional distress. The example below is meant to be used as a guide.

Sleep, I want to be in bed by 9pm each night to help me regulate my sleep. My plan is to be finished with everything by 8pm each night so I can take a shower and be in the bed by 8:45 pm. I plan to turn off my phone notifications at 8pm, share my goal with my closest family and friends, and stick to my plan no matter what. After following this plan for two weeks I hope to feel better rested when I wake up in the morning and less irritable at during the day.

My starting point

Use the space below to write down one stressor and how you plan to address this stressor. You can use the example above as a guide. You got this! Corny, right? I know but try saying this out loud to yourself before you start your writing exercise and take note of any changes you experience.





Have you had time to really examine your finances?

Are you aware of how much income you have coming in each month?

Do you know how much money you are spending each month on bills alone?

How many monthly subscriptions are you paying for that you don't use regularly?

Have you looked at how much you are spending each month on internet, phone, and food?

Do you have any credit card debt?

After answering these questions create a plan for reducing expenses and saving.

Financial Scan

MY STEP-BY-STEP GUIDE TO
CUTTING COSTS

1

2

3

4

5

Note to self:
I am a cost-cutting specialist!

Connection
Belonging
Support System

Who are the people or things that I am most connected to?

What does my sense of belonging look like?

Who are the people in my support system?





Purpose
Meaning

What is my life purpose at this present time?

What gives my life meaning?



Personal Satisfaction Enrichment

What personal satisfaction do I get from my current job/career?

How does this job position/career enrich my life?

If I am dissatisfied with my current job/career am I prepared to make positive changes in this area of my life?

List of changes I will make:



Physical Health and Well-Being

Complete a physical exam with your primary care physician at least once a year or as often as the doctor recommends including bloodwork and health screenings.

Develop a plan for routine physical activity and/or exercise. Do not over work yourself.

Consume enough fluids each day to prevent dehydration.

How is your sleep hygiene? Create a plan to make sure you are getting enough sleep and address any sleep problems with your medical professionals.



Creative Abilities

Expanding Knowledge and Skills

What are my creative abilities?

This is how I know I am using my creative abilities:

I expand my knowledge and skills by:



Pleasant Stimulating Environments that Support Well-being

What makes my current environments pleasant and stimulating?

These are the ways I plan to maintain a healthy environment:

These are the changes I am committed to making to create/maintain a pleasant and stimulating environment for myself and/or my family:





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