



Self-Care Activities Worksheet

Self-care is the practice of taking intentional actions to support our emotional and overall well-being. Taking time for self-care can help us manage stress, reduce the risk of illness, and boost daily energy¹. While self-care looks different for everyone, even small daily actions can make a positive difference in our physical and mental health^{2,3,4}. This worksheet is designed to support you in starting your self-care journey with **examples** that lead to a **checklist, action plan, and check-in**.

EXAMPLES

APPS

- Headspace
- Mindshift
- Mango Health
- Calm
- Insight Timer

HOBBIES

- Playing an instrument
- Doing art (drawing, painting)
- Crocheting/Knitting
- Gardening
- Hiking
- Dancing
- Baking
- Cooking

OUTDOOR TIME

- Take a walk around your street
- Spend time in a park
- Visit a pond, lake, or beach
- Spend 10 minutes enjoying the sun

MINDFULNESS

- Practice gratitude
- Reflect on how you are feeling (mentally, emotionally, physically)
- Observe and describe an object

ACTIVITIES

- Reading a book
- Playing a video, board, or card game
- Listening to music or a podcast
- Watching a TV show or movie

EXERCISE

- Go for a walk or run
- Do a short at-home workout
- Go to the gym
- Do yoga

FAMILY CONTACT

- Text
- Call
- Email
- Spend physical time together

JOURNALING

- Thoughts and feelings
- The day's events
- Things you are grateful for
- Things you like about yourself

TECH TUNE OUT

- Spend time away from phones, tablets, computers, and TVs
- Turn off all electronics for a set time



Self-Care Activities Worksheet

CHECKLIST

- Download and use a wellness application
- Connect with friends and/or family
- Meditate and practice deep breathing exercises
- Do an activity that brings joy
- Spend time doing a hobby
- Spend time journaling
- Spend time outdoors
- Attend a community event
- Take a relaxing bath or shower
- Get a good night's sleep or take a nap
- Attend a religious service and/or say a prayer
- Take a break from technology
- Engage in mindfulness activities
- Do something kind for someone you care about
- Write down 5 things you are grateful for
- Exercise



Self-Care Activities Worksheet

ACTION PLAN

What is one self-care activity from the checklist you can do within the next week?

What day and time would be best for doing this activity?

Mon Tue Wed Thu Fri Sat Sun



_____ : _____ AM
_____ : _____ PM

What might get in the way of doing this activity?

Self-Care Activities




CHECK IN

How would you rate your emotions 5 minutes before this activity?

				
1	2	3	4	5
Negative		Neutral		Positive

What emotion are you currently feeling? (Reference the Emotion Chart)

How would you rate your emotion after completing this activity?

				
1	2	3	4	5
Negative		Neutral		Positive

How did the activity go?

What helped you complete this activity or can help you complete it in the future?

Do you have questions about this activity or is there anything else you would like to practice?



References

[Self-Care Activities]

1. National Institute of Mental Health. (2024, December). *Caring for Your Mental Health*. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
2. Rajan, A., Kumar, M., & Raj P, P. (2026). Effects of mindfulness-based interventions on perceived stress among non-clinical adults: a systematic review and meta-analysis. *Npj Mental Health Research*, 5(1). [10.1038/s44184-026-00188-4](https://doi.org/10.1038/s44184-026-00188-4)
3. Merkuri, L., Kamberi, F., Mio, D., & Gabrani, J. (2023). Self-care for health and wellbeing – a literature review. *Medicus*, 7(2), 41–48. <https://doi.org/10.58944/qltp2509>
4. World Health Organization. (2020). WHO Guidelines on Physical Activity and Sedentary Behaviour. *WHO*. <https://www.who.int/publications/i/item/9789240015128>

