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# SELF CARE WORKBOOK

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A stylized illustration of a green hand pouring liquid into a glass. The hand is positioned at the top right, with the index finger pointing down into the glass. The liquid being poured is a light green color. The glass is a simple, rounded shape with a thick rim. The background is a solid light green color.

*You Can't Pour  
From*

*AN EMPTY CUP.*

*Take Care Of  
YOURSELF  
FIRST.*

# INTRODUCTION

Self-care refers to individuals' actions to maintain their physical, mental, and emotional health. It includes many activities, such as getting enough sleep, eating a healthy diet, exercising regularly, managing stress, and finding time to relax and enjoy hobbies and activities that bring joy and fulfillment. Self-care is essential because it helps people maintain balance, wellbeing and cope with daily demands and challenges. It is a proactive approach to taking care of oneself rather than simply reacting to problems as they arise.

Self-care is essential for several reasons:

**Physical health:** Taking care of your physical health through self-care practices such as exercise, sleep, and nutrition can help you to feel your best and maintain your overall health and wellbeing.

**Mental health:** Engaging in self-care practices such as meditation, mindfulness, and stress management can help you to maintain good mental health and reduce your risk of developing mental health problems such as anxiety and depression.

# ASSESSING YOURSELF

## Physical Self Care

	Y	N
Getting enough sleep	<input type="radio"/>	<input type="radio"/>
Eating Healthy	<input type="radio"/>	<input type="radio"/>
Balanced Diet	<input type="radio"/>	<input type="radio"/>
Getting regular	<input type="radio"/>	<input type="radio"/>
See a Healthcare Provider when needed	<input type="radio"/>	<input type="radio"/>

NOTE:

## Mental Self Care

	Y	N
Take time to relax	<input type="radio"/>	<input type="radio"/>
Joy and Fulfillment in activities	<input type="radio"/>	<input type="radio"/>
Support System	<input type="radio"/>	<input type="radio"/>
Practice Mindfulness	<input type="radio"/>	<input type="radio"/>
Stay present in the moment	<input type="radio"/>	<input type="radio"/>

NOTE:

## Social Self Care

	Y	N
Strong and Supportive Relationship with friends and family	<input type="radio"/>	<input type="radio"/>
Make time for social activity	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Say no when necessary	<input type="radio"/>	<input type="radio"/>

NOTE:

## Spiritual Self Care

	Y	N
Have a sense of purpose and meaning in your life	<input type="radio"/>	<input type="radio"/>
Practice self-reflection and mindfulness	<input type="radio"/>	<input type="radio"/>
Have a sense of connection to something larger than yourself	<input type="radio"/>	<input type="radio"/>

NOTE:

# SELF-CARE STRATEGIES

It's harder to plan when you're overwhelmed or in a crisis. However, planning for challenges before they happen gives you insight into the best and most sustainable options for you to recharge your batteries. Also, each day, proactively taking care of yourself in small ways helps you be better prepared for challenges or unforeseen circumstances.

THINGS I CAN DO EACH DAY  
THAT WILL MAKE ME FEEL GOOD  
ABOUT MYSELF

WHAT I SHOULD SAY TO MYSELF  
WHEN I AM HAVING A DIFFICULT  
TIME

WHAT I SHOULD AVOID DOING  
WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS GOOD  
FOR ME) WHEN I FEEL  
OVERWHELMED OR UPSET

# SELF-CARE IN PRACTICE

Effective stress management can be incorporated into your daily and weekly routines. Research has shown that the following can affect your health and wellbeing: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection. Write down options that seem right for you, your values, priorities, resources, and lifestyle.

RELAXATION PRACTICE

THINGS I FIND DIFFICULT

FOOD CHOICES

THINGS I FIND DIFFICULT

PHYSICAL ACTIVITY

THINGS I FIND DIFFICULT

CONNECTION/SPIRITUALITY

THINGS I FIND DIFFICULT

# Self Care Planner

WEEK: \_\_\_\_\_

DAYS	SELF CARE ACTIVITIES
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

THINGS I'M GRATEFUL FOR	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

WEEK REVIEW		



# SEEKING SUPPORT

Seeking support when you're feeling overwhelmed or struggling with your mental or emotional wellbeing is essential. There are many different ways to find help, including:

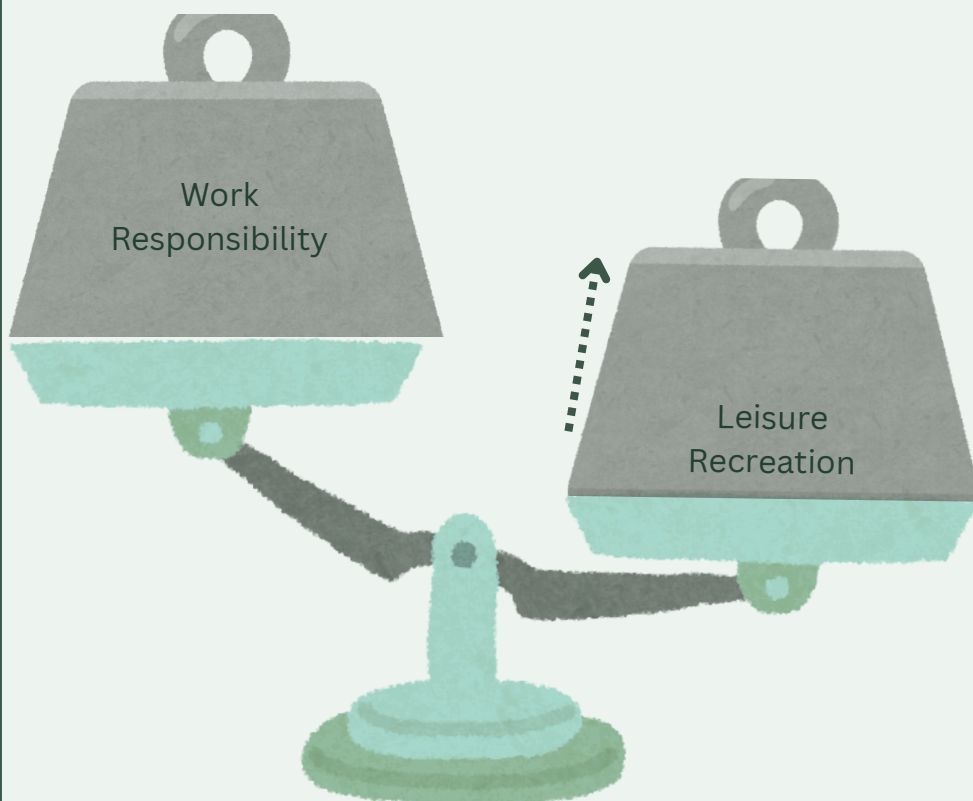
1. Talk to a loved one: Sharing your feelings with a trusted friend or family can be a great way to find support. They can listen, offer advice, and be there for you when you need someone to talk to.
2. See a therapist: A therapist can help you work through your emotions and challenges in a safe and supportive environment. You can find therapists in your area by searching online directories or through your insurance provider.
3. Join a support group: Support groups are a great way to connect with others who are going through similar experiences. You can find support groups in your area by searching online or through local organizations.
4. Reach out to a helpline: Many helplines available can provide support and resources if you're feeling overwhelmed or struggling with your mental health.

Remember, it's okay to ask for help when you need it. Seeking support is a sign of strength and can be essential in taking care of yourself.



# CONCLUSION

Self-care is an integral part of maintaining your overall wellbeing. It involves taking care of your physical, mental, and emotional needs and finding ways to relax and unwind. There are many different self-care strategies that you can use, such as getting enough sleep, exercising regularly, practicing mindfulness, and engaging in activities that bring you joy. It's also essential to seek support, whether talking to a loved one, seeing a therapist, or joining a support group. By regularly incorporating self-care into your routine and seeking support when needed, you can help to maintain your overall well-being and feel more balanced and fulfilled.



You are  
doing the  
BEST you  
can

You are  
WORTHY  
and  
LOVABLE

It's OK  
to ask  
for Help

You are  
capable of  
AMAZING  
thing

## NOTE TO SELF

Your  
boundaries  
are  
important

Your  
FEELINGS  
are Valid

It's OK  
to Start  
Over and  
TRY AGAIN

You are  
ALLOWED  
to say  
NO



*Get in touch*



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