

SELF-CARE & BOUNDARY TOOLKIT

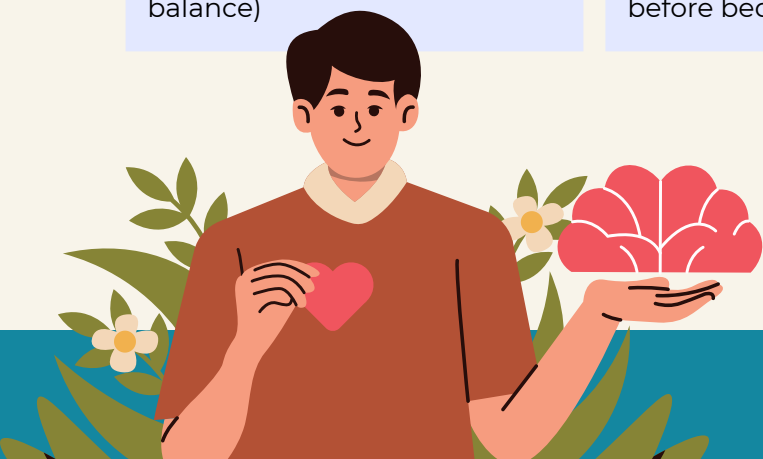


Self-care is not a luxury; it is a fundamental practice of checking in with yourself and honoring your needs. This toolkit is designed to help you identify your personal limits and establish a daily routine that supports your mental and emotional health.

1 THE BOUNDARY EXPLORER

Boundaries are the invisible lines that define where you end and others begin. They protect your energy and time. Use the table below to reflect on your current boundaries.

Boundary Type	What feels like a "Yes"	What feels like a "No"
Physical (Space, touch, privacy)	e.g., A hug from a close friend.	e.g., People entering my room without knocking.
Emotional (Sharing feelings, energy)	e.g., Discussing my day with my partner.	e.g., Listening to others vent when I'm exhausted.
Time (Commitments, work-life balance)	e.g., An hour of reading before bed.	e.g., Checking work emails after 7 PM.



2

DAILY MAINTENANCE CHECKLIST

Consistency is more important than intensity. Try to check off at least three items from this list every day to maintain your baseline wellbeing.



- **Hydration:** Have I had enough water today?
- **Movement:** Did I stretch or move my body for at least 10 minutes?
- **Connection:** Did I have one meaningful interaction with a person or pet?
- **Digital Detox:** Have I spent at least 30 minutes away from all screens?
- **Rest:** Am I allowing myself enough time to sleep or recharge?
- **Nutrition:** Did I eat at least one meal that made me feel nourished?

3

THE "POWER OF NO" SCRIPT

Sometimes the hardest part of self-care is saying no to others. Use these templates to practice setting boundaries without guilt:

- "I'd love to help, but I don't have the capacity for any new commitments right now."
- "I'm not in the right headspace to discuss this at the moment. Can we talk about it tomorrow?"
- "Thank you for thinking of me, but I'm going to pass on this one."

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REFLECTION

What is one small thing you can do for yourself in the next hour? Write it down and commit to it. Remember, self-care is a practice, not a destination.

