



Things I can't live without:

Physically:

Financially:

Mentally:

Emotionally:

Spiritually:



My Energy:

Things that increase my energy and make me feel good:

Things that decrease my energy and make me feel bad:

Notes:

- 1) Schedule checkins with yourself. Slow down. Take inventory of how you are feeling and thinking. This personal check in process allows you to get off autopilot mode and honestly gauge how you are doing.
- 2) Practice self -acceptance. Understand that you are human and your experiences of stress are normal. Try not to compare yourself to others. Try not to tell yourself how you "should" be feeling or allow others to tell you how you "should" be feeling.
- 3) Create a self-care plan. Self-care plans can create a sense of structure and predictability at a time of ongoing stress or uncertainty. The creation of a self-care plan requires trial and error, practice and ongoing creativity. If you are not sure where to start, try using the next worksheet that provides some examples and create your own plan.
- 4) Reach out for support. Share how you are feeling with loved ones and trusted others. Ask them for help whether it be a listening ear, advice or even assistance to complete a task. REmind yourself that you can not do everything alone. Ask for help for bigger issues also that may include counseling or other professional help also.

Worksheets

Self Care Planner

Date:

Daily Affirmation

Self Care Activities

My Plan:

-
-
-

Daily Nutrition

Breakfast

Lunch

Dinner

Self Care Tracker

Date:

S M T W T F S

S M T W T F S

Self Care Reflection

Date:

What are my goals in life?

What are my strengths?

What am I ashamed of?

What do I like to do for fun?

What am I Grateful for?

What makes me upset?

What is my biggest hobby?

What brings me joy?

What am I afraid to do?

Notes

Self Love Reminder

Date:

What do I love
about myself?

What makes me
proud of myself?

SELF-CARE TRACKER

MONTH OF _____

SELF-CARE:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

SELF-CARE:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

SELF-CARE:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

SELF-CARE:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

SELF-CARE:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		