

INCLUDES 5 SELF-CARE PLANNING AND TRACKING SHEETS

I CAN FILL MY CUP

Each day that I practice self-care, I will color in a square.

Month: _____

My favorite way that I practiced self-care is _____

A new form of self-care I tried was _____

MY WEEKLY SELF-CARE PLAN

Dates: _____

FOR PHYSICAL SELF-CARE, I WILL: _____

FOR EMOTIONAL SELF-CARE, I WILL: _____

SELF-CARE CHALLENGE BOARD

Cross off each square as you complete it.

PHYSICAL	MENTAL	SOCIAL	EMOTIONAL
Get 8 hours of sleep.	Make something with your hands.	Plan something fun with friends or family.	Write a positive message to yourself.
Go for a walk.	Learn how to do something new.	Call a friend.	Sit for 5 minutes and notice how you're feeling.
Stretch.	Organize something in your house.	Ask for help with something.	Make a list of coping skills.
Drink 8 cups of water.	Make a schedule for your day or week, and stick to it.	Write a letter.	Spend an hour doing something you enjoy.
Try a new fruit or vegetable.	Make a new playlist.	Say no to something.	Talk to someone about how I feel.

MY MONTHLY SELF-CARE PLAN

Month: _____

FOR PHYSICAL SELF-CARE, I WILL: _____

FOR EMOTIONAL SELF-CARE, I WILL: _____

FOR MENTAL SELF-CARE, I WILL: _____

FOR SOCIAL SELF-CARE, I WILL: _____

WHAT WENT WELL? _____

WHAT CAN I DO BETTER? _____

MY SELF-CARE PLAN

No matter how much time I have, I will take care of myself.

If I have 5 minutes, I will...

If I have 20 minutes, I will...

If I have a day, I will...

INCLUDES 4 REFLECTION SHEETS TO REFLECT ON DIFFERENT TYPES OF SELF-CARE

MENTAL SELF-CARE



BE CREATIVE

Something creative I like to do is:

Am I making enough time for creativity?

MAKE A PLAN

Something I've been wanting to do is:

When will I do it?

What do I need to do to make it happen?



SOCIAL SELF-CARE



SETTING BOUNDARIES

Is there anything I need to be saying "no" to?

Is there anyone I need to be honest with?

Am I taking the blame for anything that isn't my fault?

SPENDING TIME WITH OTHERS

Two people I enjoy spending time with are:

Someone I would like to reach out to is:

Something social I can plan is:



ASKING FOR HELP

Is it easy for me to ask for help?

If I need help, someone I can go to is:

Something I can tell myself if I am afraid to ask for help is:

PHYSICAL SELF-CARE



EXERCISE

What is one way to exercise indoors?

What is one way to exercise outdoors?

A new form of exercise I can try?



REST

A place where I feel relaxed is...

My favorite relaxing thing to do is...

Something I can do to sleep better at night?

EMOTIONAL SELF-CARE



POSITIVE SELF-TALK

My favorite thing about myself is...

One thing I will tell myself each morning is...

It's important to be kind to myself because...

EXPRESSING MY FEELINGS

Something creative I can do to express my feelings is:

One person I can talk to about my feelings is...

A time during the day when I can sit and notice how I'm feeling is...



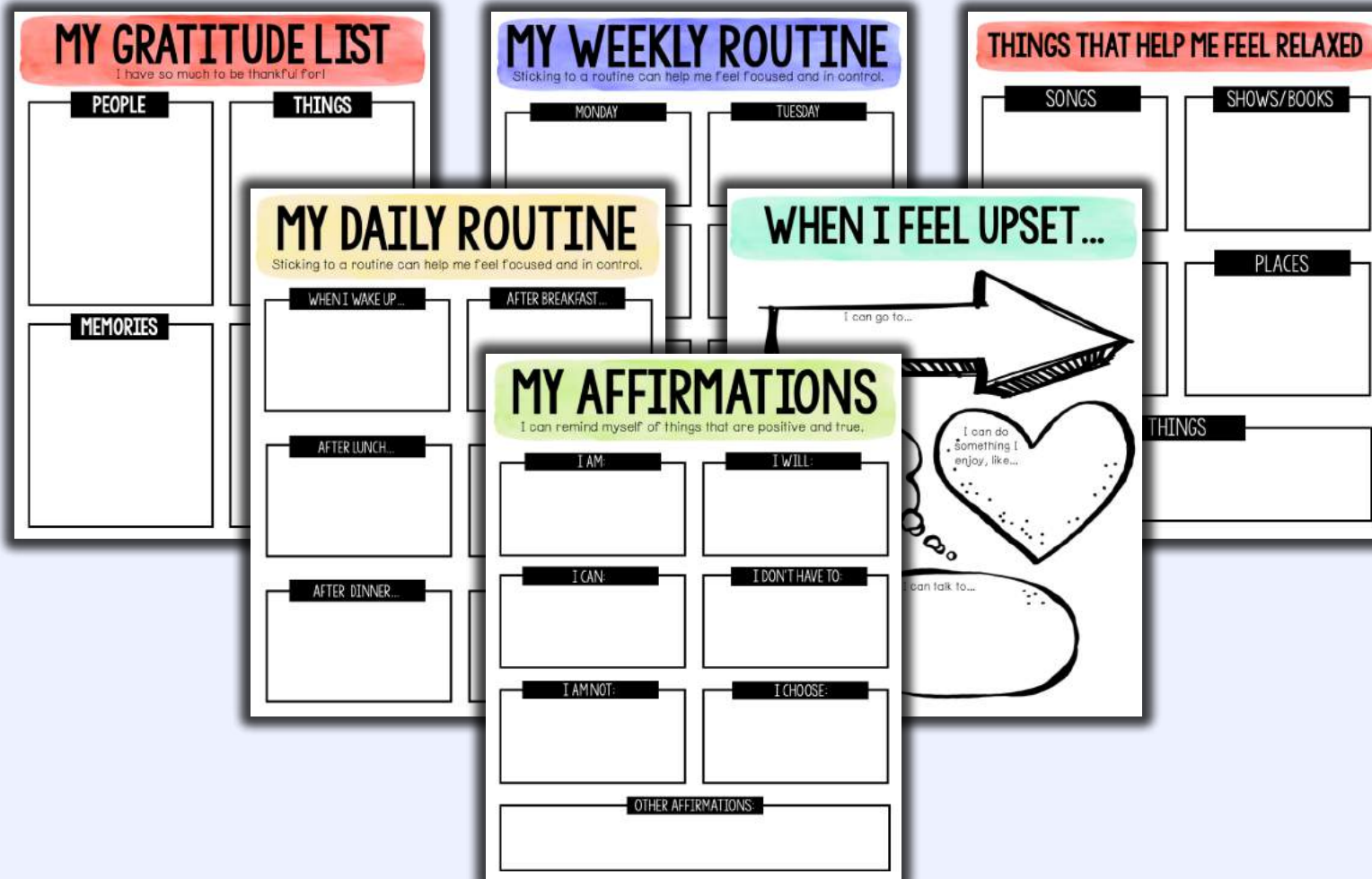
DOING THINGS I ENJOY

Something I enjoy doing that I can do daily is...

Something I enjoy doing that I can do once a week is...

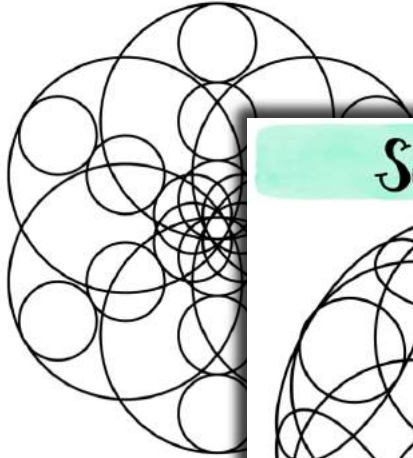
Something I enjoy doing that I can do once a month is...

INCLUDES 6 JOURNAL PAGES TO HELP WITH ESTABLISHING SELF-CARE RHYTHMS

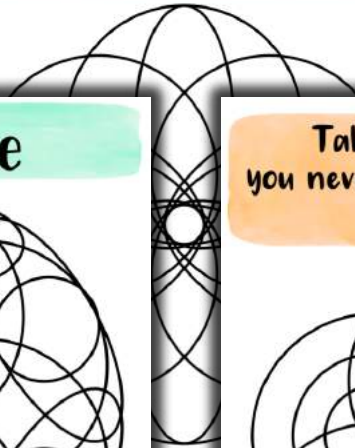


INCLUDES 5 COLORING PAGES WITH SELF-CARE QUOTES

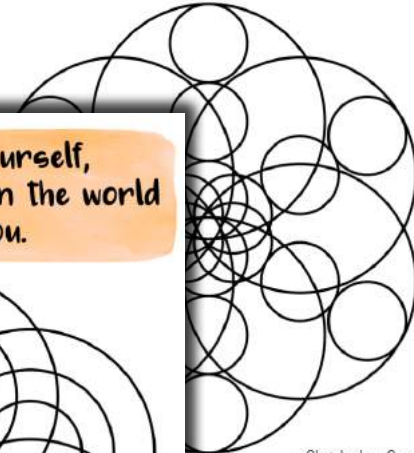
self-care is giving the world the best of you, not what's left of you.



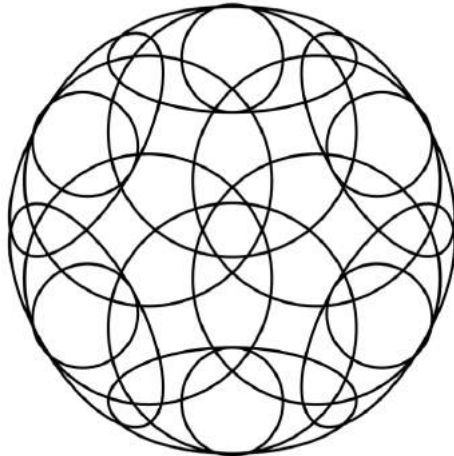
Find what makes your heart sing and create your own music.



Self compassion is simply giving the same kindness to ourselves that we would give to others.

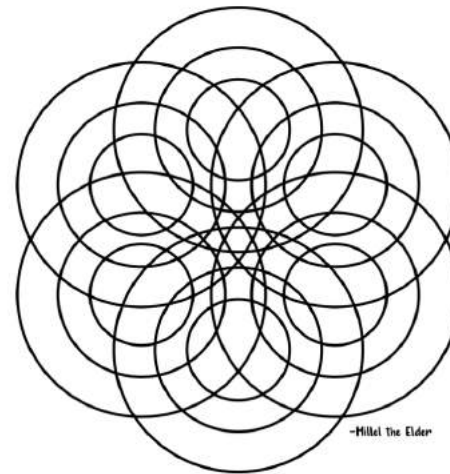


Self-care



isn't selfish.

Take care of yourself, you never know when the world will need you.

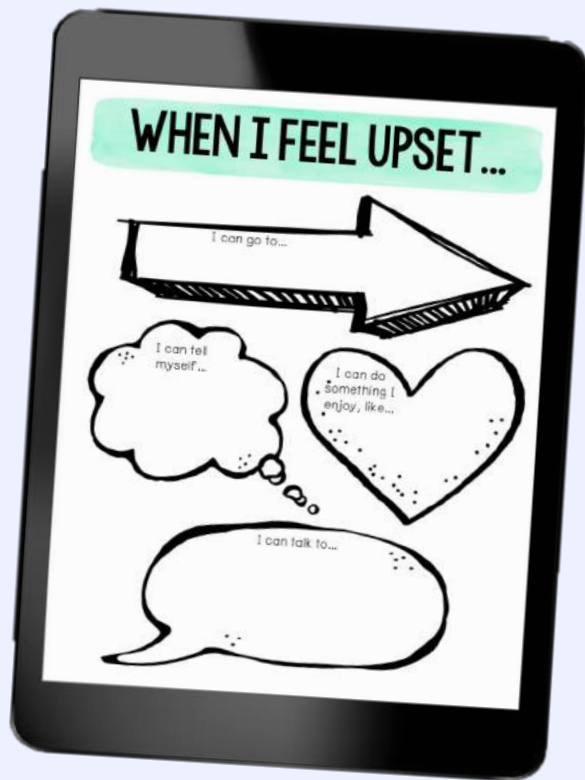


-Christopher Gerner

-Mikael The Elder

Please note that these coloring pages are only included in the PDF version.

THE GOOGLE SLIDES VERSION OF THIS RESOURCE ALLOWS YOU AND YOUR STUDENTS TO COMPLETE THE JOURNAL ONLINE.



This is perfect for students or educators who:

- Are doing distance learning
- Do not have access to a printer
- Want to share their responses with others
- Prefer to use technology over pen and paper.