

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? _____

A _____



PHYSICAL SELF-CARE

EXERCISE

What is one way to exercise indoors? _____

What is one way to exercise outdoors? _____

What is a new form of exercise I can try? _____




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: _____



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... _____

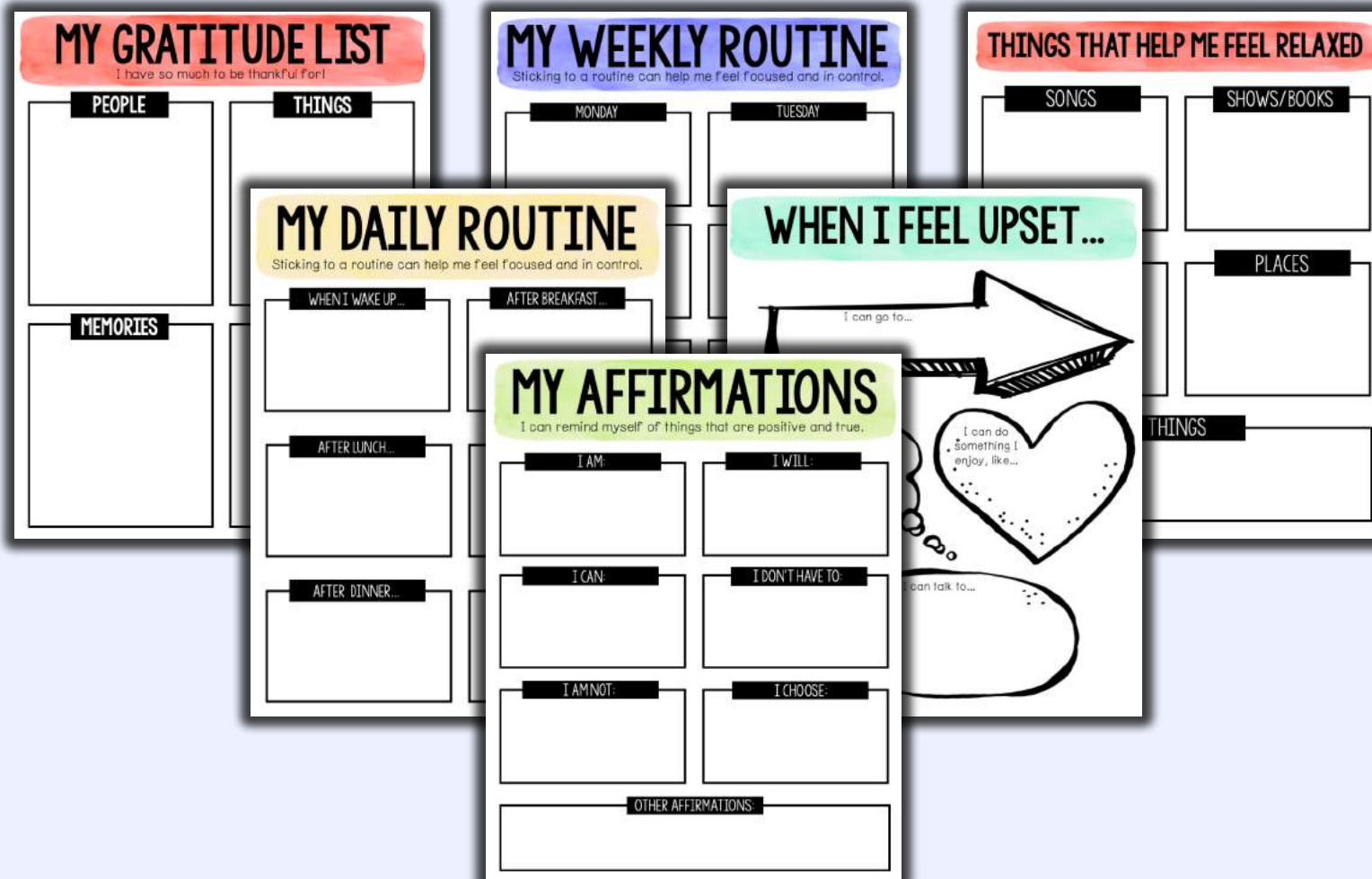
Something I enjoy doing that I can do once a month is... _____



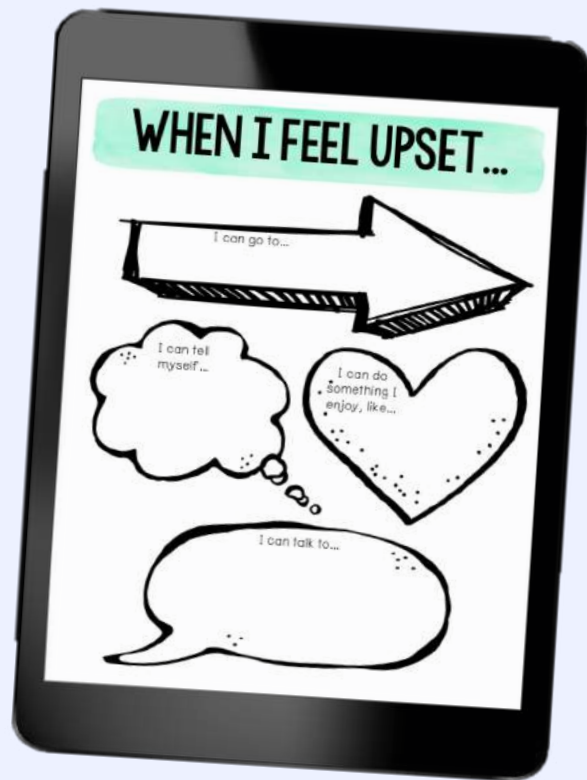
REST



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



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.