

# 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: \_\_\_\_\_

1	2	3
6	7	8
11	12	13
16	17	18
21	22	23
27	28	29

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...



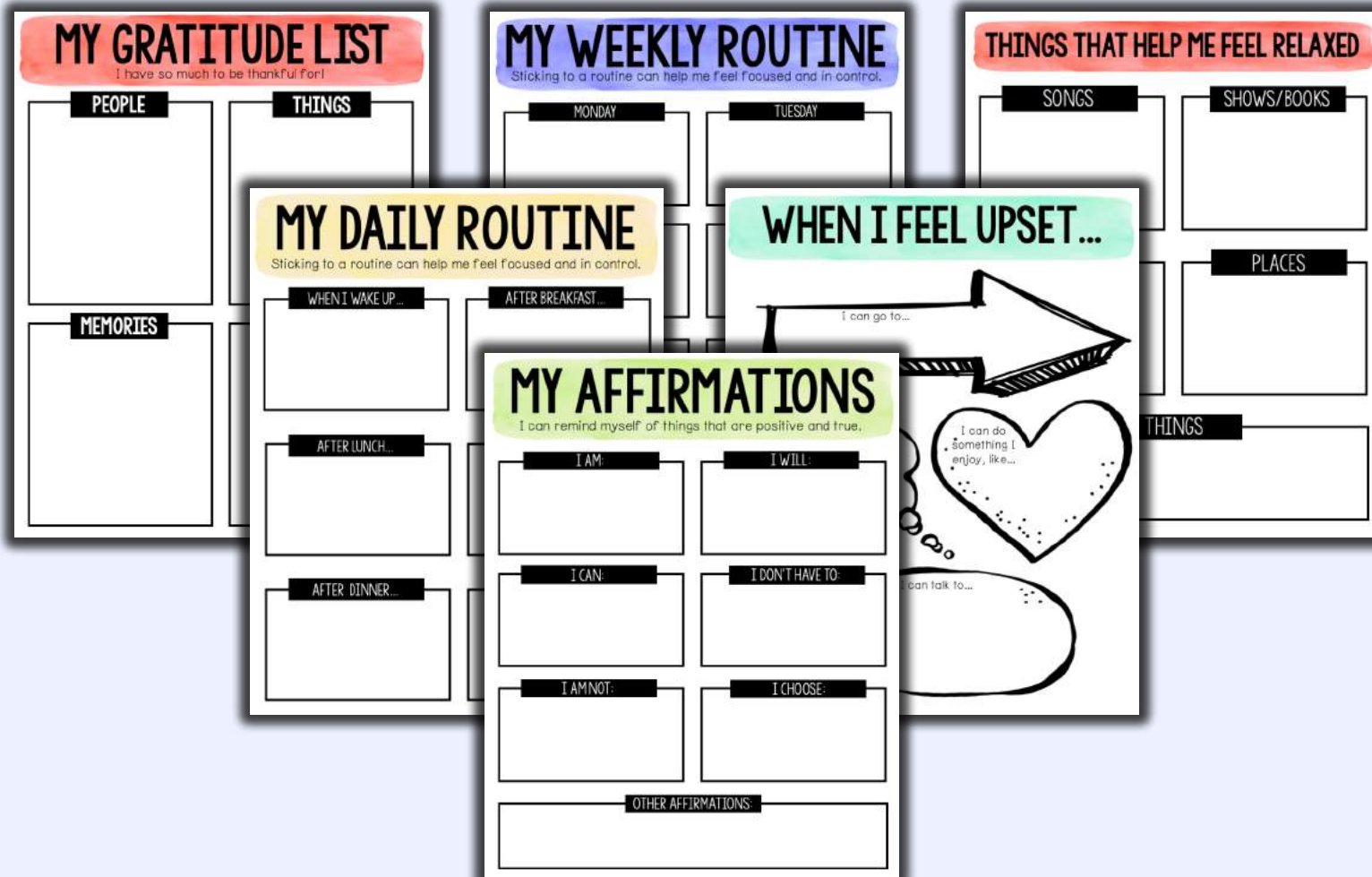
### DOING THINGS I ENJOY

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

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

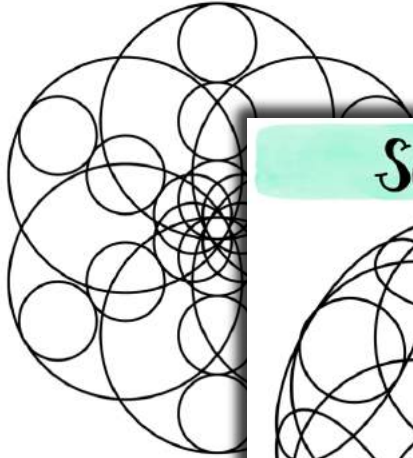
Something I enjoy doing that I can do once a month is...

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

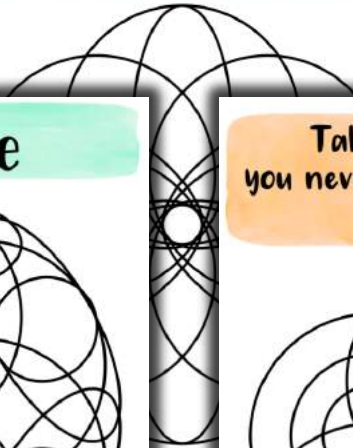


# INCLUDES 5 COLORING PAGES WITH SELF-CARE QUOTES

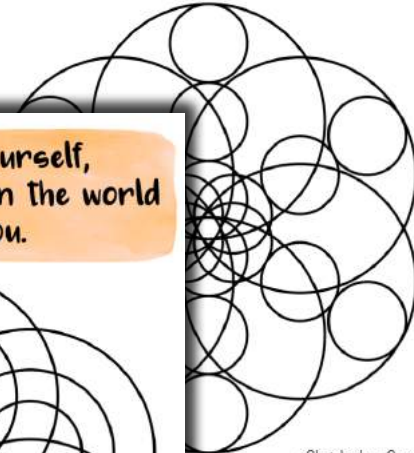
self-care is giving the world the best of you, not what's left of you.



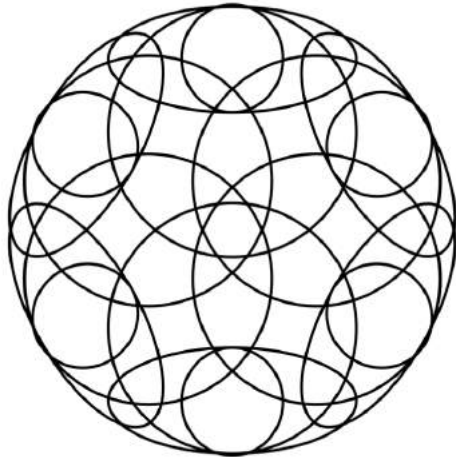
*Find what makes your heart sing and create your own music.*



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

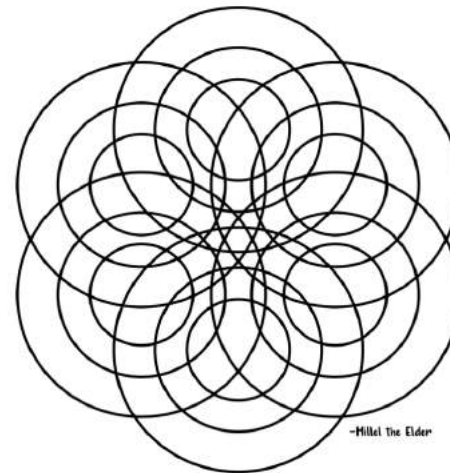


**Self-care**



**isn't selfish.**

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



-Christopher Gerner

-Mikel The Elder