



Self-Care Tips Worksheet


Understanding Self-Care


Self-care involves taking time to care for yourself to maintain a healthy balance in life. It's essential for reducing stress, improving mental health, and enhancing overall happiness.


Self-Care Categories

 **Physical:** Activities that care for your body.
For example exercise, sleep, or eating healthy

 **Emotional:** Activities that help you process and express your emotions.
For example, journaling or practicing mindfulness

 **Mental:** Activities that stimulate your mind or help you de-stress.
For example, reading or listening to music

 **Social:** Activities that help you connect with others.
For example. spending time with friends and family

 **Spiritual:** Activities that connect you with something larger than yourself.
For example. prayer, meditation, or yoga

Tips!

- Set specific goals
- Make self-care a habit
- Do things you enjoy
- Limit bad or unhealthy self-care habits
- Be kind to yourself; acknowledge your emotions without judgment.

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Your Turn!

Create a daily, weekly and monthly self-care plan. Try and cover the different categories

Daily Self-Care Routine

Weekly Self-Care Routine

Monthly Self-Care Routine