

TAKE CARE OF YOURSELF

WHAT IS SELF CARE?

Self care is simply what we do each day to build a strong, stable foundation of good mental health. It is how we take care of ourselves so that we can care for others. Practicing self care is especially important when we are stressed, facing a challenge, or when times are hard.

EXAMPLES OF SELF CARE ACTIVITIES WE CAN DO EACH DAY:

MOVE OUR
BODIES

FUEL OUR
BODIES

REST OUR
BODIES

DRINK
ENOUGH
WATER

ASK FOR
HELP
WHEN WE
NEED IT

TAKE DEEP
BREATHS

TAKE
MEDICATION
AS
PRESCRIBED

DO
SOMETHING
WE LOVE

CONNECT WITH
OUR SUPPORT
PEOPLE AND
OUR SENSE OF
PURPOSE

NOTICE HOW
WE FEEL
THROUGHOUT
THE DAY

PRACTICE
HEALTHY
COPING
SKILLS

REFLECT:

List three things that are most important to your self care right now.

1. _____
2. _____
3. _____

Self care tips to help you follow through:

- Focus on only one or two of the activities that you listed above
- Schedule out your self care activities (with Post-It notes, alarms, planners/calendars, etc.)
- Ask a friend to support you or join you

An example of a scheduling self care into a calendar:

MON	TUES	WED	THURS	FRI	SAT	SUN
<i>Example: Ride my bike for 30 minutes</i>	<i>Example: Get eight hours of sleep</i>	<i>Example: Eat five servings of fruits and veggies</i>	<i>Example: 20 minutes of yoga in the morning</i>	<i>Example: Call my best friend to talk</i>	<i>Example: Create art for one hour</i>	<i>Example: Drink ten glasses of water</i>

1. What are the one or two things that you will focus on this week for my self care?

2. How are you going to make sure that you are following through with your planned self care activities?

- Post-It note Put them on my calendar
 Set an alarm Other? _____

3. Who can you lean on for support this week?

CHALLENGE:

Use this calendar to schedule and track the self care activities you do each day throughout the month!

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							