

Your guide to self-care

Activity one: Take time to fill in the different things you do to care for yourself. There is no right or wrong answer.

Mental/emotional

Examples: Journaling, mindfulness, work/life balance

Physical

Examples: Exercise, eating nutritious foods, getting enough sleep

Spiritual

Examples: Spending time in nature, personal beliefs, getting creative

Social

Examples: Calling a friend, nurturing relationships

Intellectual

Examples: Learning something new, improving skills

Practical

Examples: Doing laundry, decluttering, paying bills

Do you notice any imbalances? Maybe you're great at practical self-care but haven't carved out time for creativity or reflection lately. Where can you make adjustments?

Tip: Put a reminder in your phone to spend time doing something that fills the buckets that are often pushed aside. It can be as little as 5 minutes a day, or as much as a few hours. You get to make the rules!

Activity two: Think to yourself, “What do I need right now?”. For every box below, think of activities that evoke that feeling. Remember, there are no wrong answers.

Tip: Print this out or save this document to refer to when you need to boost yourself in any of these areas. We left an empty box at the bottom for you to fill in any gaps we may have missed.

What calms you?

Examples: meditation, getting fresh air, taking a warm bath

What motivates you?

Examples: upbeat music, organizing your space, setting goals

What comforts you?

Examples: wearing comfy clothes, drinking a hot beverage, eating your favourite treat

What makes you feel fulfilled?

Examples: mastering a skill, giving back to your community, completing a project

How do you like to express yourself?

Examples: dancing, playing or listening to music, writing

What makes you feel connected?

Examples: calling a friend, joining an online community, spending time with a pet