

## 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

Empty box for additional notes or reflections.