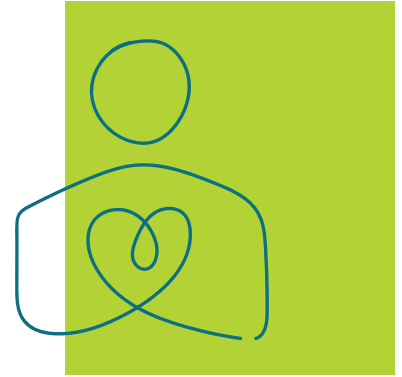


# YOUR SELF-CARE GUIDE

Take some time to write down different activities that you can do to care for yourself. There are no right or wrong answers, only answers that work for you!



MENTAL/EMOTIONAL (LIKE JOURNALING, MINDFULNESS, WORK/LIFE BALANCE...)



PHYSICAL (LIKE EXERCISE, EATING NUTRITIOUS FOODS, GOOD SLEEP...)



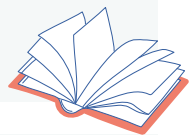
SPIRITUAL (LIKE SPENDING TIME IN NATURE, GETTING CREATIVE...)



SOCIAL (LIKE CALLING A FRIEND, ATTENDING EVENTS...)



INTELLECTUAL (LIKE READING A BOOK, LEARNING A NEW SKILL...)



PRACTICAL (LIKE DOING LAUNDRY, TIDYING UP, 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?

# WHAT DO I NEED RIGHT NOW?

Think to yourself, “What do I need right now?”. For every box, 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? (LIKE GETTING FRESH AIR, TAKING A WARM BATH...)



WHAT MOTIVATES YOU? (LIKE UPBEAT MUSIC, ORGANIZING YOUR SPACE, SETTING GOALS...)



WHAT COMFORTS YOU? (LIKE WEARING COMFY CLOTHES, DRINKING TEA...)



WHAT MAKES YOU FEEL FULFILLED? (LIKE GIVING BACK TO YOUR COMMUNITY, COMPLETING A PROJECT...)



HOW DO YOU LIKE TO EXPRESS YOURSELF? (LIKE DANCING, PLAYING OR LISTENING TO MUSIC, WRITING, MAKING ART...)



WHAT MAKES YOU FEEL CONNECTED? (LIKE CALLING A FRIEND, JOINING AN ONLINE COMMUNITY, SPENDING TIME WITH A PET...)

