

PRACTICING SELF-CARE ACTIVITY

1. Look through and **think about the different self-care practices** that are listed on the worksheet.
2. Pick **three different self-care activities** that you think would be helpful and possible to practice. If you are having trouble picking activities, choose one activity for each of these areas: **mind, heart, and body.**
3. For each activity that you select, you will practice it for **five days.** (You don't have to practice the activity five days in a row, just five days overall.)
4. Decide on a **date, time, and place** where you will practice each activity. For example, if you decide that you want to read for a self-care practice, you might decide to read a book for the next five Tuesdays at 5 pm at home.
5. As you complete the self-care activity each day, **fill in or check off one of the stars next to the activity.**

SELF-CARE IDEAS

- | | |
|---|---|
| 1. GET ENOUGH SLEEP | 12. GO TO A COMMUNITY EVENT |
| 2. DRINK A GLASS OF WATER | 13. WRITE DOWN ONE KIND THING ABOUT MYSELF |
| 3. MOVE MY BODY (PLAY A SPORT, DANCE, GO FOR A WALK) | 14. READ MY FAVORITE BOOK OR A NEW BOOK |
| 4. SPEND TIME WITH A GOOD FRIEND OR FAMILY MEMBER | 15. TELL SOMEONE I TRUST HOW I'M FEELING |
| 5. SPEND TIME OUTSIDE OF MY BEDROOM | 16. DANCE TO MY FAVORITE SONG |
| 6. PRACTICE BREATHING IN FOR FOUR SECONDS AND BREATHING OUT FOR SEVEN SECONDS | 17. WRITE ABOUT HOW I FEEL TODAY |
| 7. TAKE A ONE-HOUR BREAK FROM TECHNOLOGY | 18. WATCH MY FAVORITE MOVIE |
| 8. DO A HOBBY THAT BRINGS ME JOY | 19. MAKE MY BEDROOM FEEL COZY |
| 9. DO SOMETHING CREATIVE | 20. PLAY A FUN GAME |
| 10. LISTEN TO MY FAVORITE PLAYLIST | 21. DO SOMETHING NICE FOR SOMEONE ELSE |
| 11. DO SOME STRETCHES OR YOGA | 22. LEARN SOMETHING NEW |
| | 23. GO OUTSIDE (WALK THE DOG, RIDE MY BIKE, SIT IN THE GRASS, ETC.) |

MY SELF-CARE

1	ACTIVITY: _____
	DATE: _____ TIME: _____ PLACE: _____
2	ACTIVITY: _____
	DATE: _____ TIME: _____ PLACE: _____
3	ACTIVITY: _____
	DATE: _____ TIME: _____ PLACE: _____

