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# TAKE SELF-CARE WORKBOOK

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Maintaining Balance and Harmony in my Daily Life



## ~Physical~

- Take a nap
- Focused breathing
- Go for a walk/jog/run
- Stretch
- Lay in the grass
- Have a glass of water
- Focus on your senses
- Twiddle your thumbs
- Apply moisturizer
- Wear something comfy
- Eat something healthy
- Massage your temples



How did I get moving today?

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# ~Emotional~

- Write in a journal
- Acknowledge your feelings
- Spend time with trees
- Spend time doing nothing
- Practice Mindfulness
- Honour your ability to say "No"
- Connect with your inner child
- Go to therapy
- Be honest with your needs
- Self-reflect
- Have self-compassion



When was I present with my feelings?

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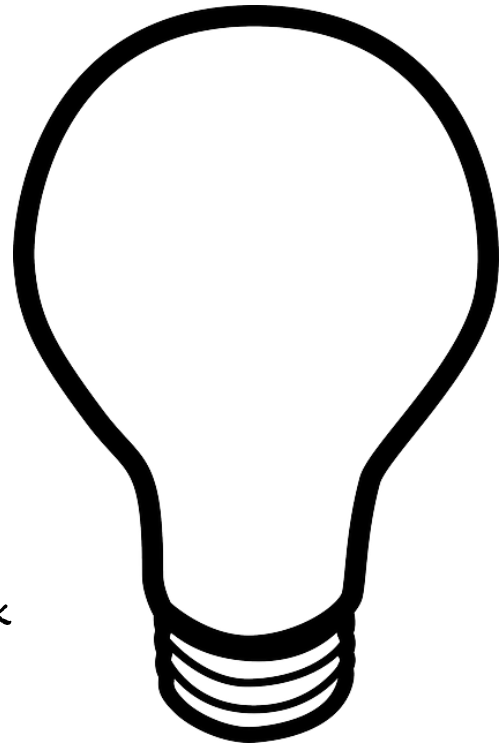
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# ~Mental~

- Give your mind a break and focus on your body
- Have a discussion
- Work on a puzzle
- Make art
- Learn a new skill
- Put away social media
- Have time alone
- Follow a guided meditation
- Read an inspiring article or book
- Clean a room in your house
- Think up a useless invention



What was my great idea?

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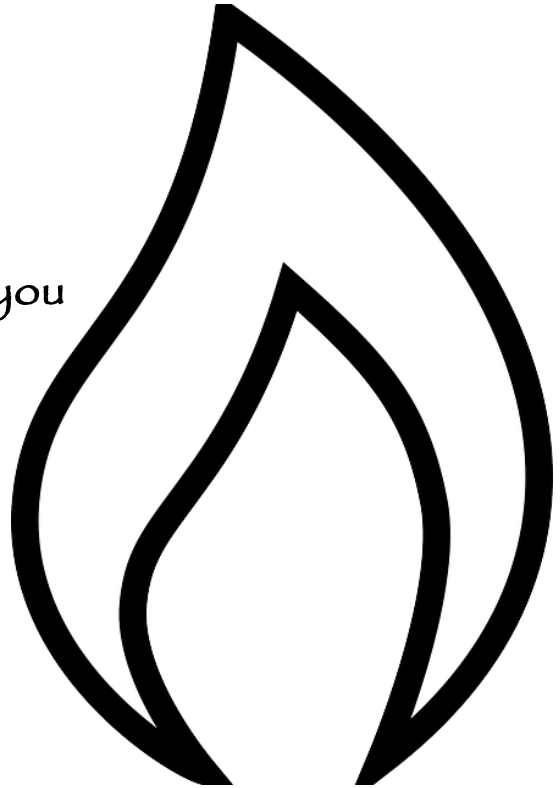
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# ~Spiritual~

- Practice gratitude
- Meditate
- Have a personal ritual
- Pray
- Read texts that are sacred to you
- Create your own affirmations
- Evaluate your beliefs
- Connect in nature
- Create an art piece in clay
- Reflect on a meaningful song
- Write Poetry



How did I witness my beliefs?

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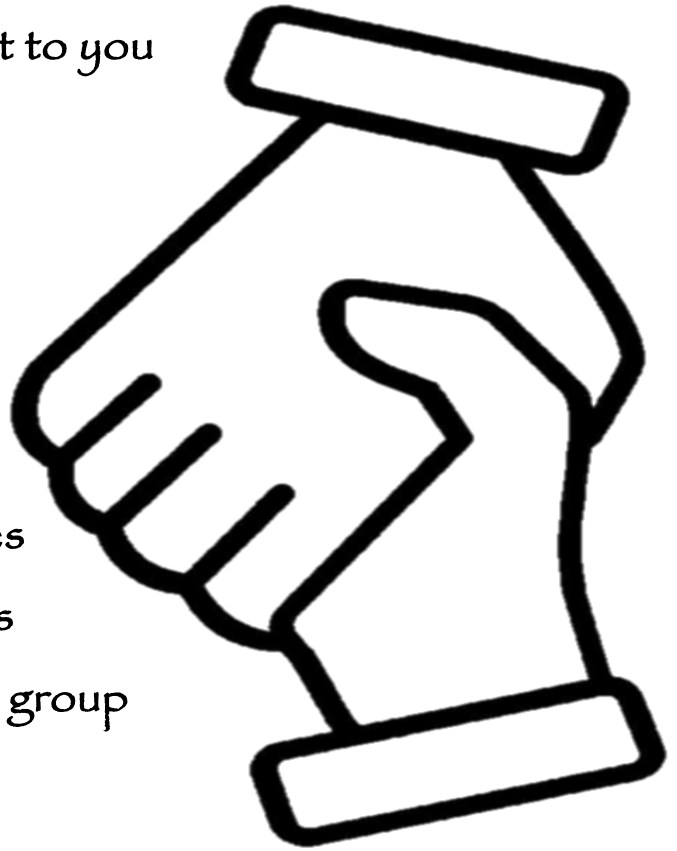
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# ~Social~

- Check-in with those closest to you
- Write letters to friends
- Attend a support group
- Ask for help
- Host a LIVE event
- State your needs
- Talk about your boundaries
- Evaluate your relationships
- Contribute to a community group
- Share a joke
- Listen to a friend



Who can I connect with in a meaningful way?

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