

Mental Well-being:

SELF-CARE

CONSIDERATIONS



Self-care is an important aspect of mental health. The topic is big and broad, so this worksheet is not all-inclusive. However, it can help you start thinking about ways in which you can care for yourself, and to begin making self-care a priority.

Self-care favorites

Favorite form of movement: _____

A relaxation technique you enjoy: _____

A hobby you enjoy: _____

Someone to connect with: _____

A favorite healthy recipe: _____

What do you need right now

- | | | |
|---|--------------------------------------|--|
| ☐ Time to yourself | ☐ A break | ☐ To say "no" |
| ☐ Connection with others | ☐ To be heard | ☐ A good meal |
| ☐ Movement | ☐ Relaxation | ☐ To disconnect |
| ☐ Sleep | ☐ Guidance | ☐ Flexibility |

Write your own: _____

SELF-CARE CONSIDERATIONS

Self-reflection

What is one good thing that has come from your day? _____

What is one (or more) quote that inspires or motivates you? _____

What are some things that you can say no to? _____

Building healthy habits

Build habits that contribute to your overall wellness goals and that can last well into the future.
How can you make self-care a priority?

1. Pick one small thing to start
2. Make a plan
3. Track your progress
4. Imagine a healthier future

Your healthy habit goal: _____

