

SELF-CARE GUIDE

This guide is meant to support you in defining what self-care is, the role it can play in your life and ways you can begin to build your daily self-care practice.

WHAT IS SELF-CARE?

Self-care stands for anything you do that is good for you. It is a way of preserving or improving one's health and well-being and can show up in how we think, feel, act and connect. Self-care can be effective in acute settings but is most helpful when engaged in as a daily practice.

It is about self-compassion, self-efficacy, and enhancing your self-esteem. *Self-Compassion, self-esteem, and self-efficacy all play significant roles in creating and engaging in a meaningful self-care practice.*

Self-compassion is showing love, understanding, and warmth towards yourself—and feeling it. It's about showing up with grace and seeing yourself as imperfect so as not to judge yourself too harshly. It's the opposite of shame, which leads you to feel a constant threat to your worth and value.

Self-esteem is how we think about ourselves and the value we feel as a person.

- **Negative self-esteem** is often referred to as low self-esteem. It is when someone has an overall negative view of themselves wherein they may not see themselves to be inherently "enough." This stems from early experiences, and deeply held beliefs learned from those around us about what it means to be "worthy" or "lovable." People with negative self-esteem are critical of themselves, believing that they have not met these subjective criteria.
- **Positive self-esteem**, otherwise known as high or healthy self-esteem, is when one can think about themselves in a more balanced way. It does NOT mean that they only think about themselves positively. Instead, it's about being able to accept their strengths, weaknesses, and neutral aspects as a part of their complete selves.

Self-efficacy is about what we perceive ourselves capable of doing and becoming. It connects to confidence and is directly correlated to self-esteem and self-compassion. To have high self-efficacy, you must see inherent worth and value in who you are and what you offer in the world and see failures or missteps as opportunities rather than stopping blocks.

WHAT CAN IT LOOK LIKE?

We often get lost in this topic because **self-care isn't always about doing less**, listening to Enya while painting your nails, or relaxing in a bubble bath. That is what it looks like for some of you, but that is not the answer for all of us.

Sometimes it is about doing more. Doing more of what you love. Saying "yes" to the things you want to say "yes." Taking the leap and doing that "thing" you have been longing to do for years. Sometimes, it's about getting your hands dirty and hiking up to a beautiful peak. And sometimes, it looks like rearranging your home to open up a new flow of creative energy.

Sometimes it is about saying "no". Letting go of relationships, roles, and ideas that no longer serve you. Pulling off the band-aids you have been using on those deep wounds that need to heal.

And **sometimes it is about making the hard choices** that we may not want to, but know may give us greater freedom:

- Getting off of social media
- Giving up drinking or substances
- Quitting a job that stifles our joy
- Taking the first step in putting ourselves out there again, even if we have been burned before

I love what Joseph Cardillo, author of Body Intelligence says:

"Self-care isn't just about treating yourself—it's about improving yourself, which is what truly makes us feel good about who we are."



WHY IS SELF-CARE SO IMPORTANT?

Here are some of the benefits a strong and consistent self-care practice can bring to your life:

- Enhanced productivity
- Greater self-esteem
- Deepened sense of empathy
- A greater sense of feeling "good"
- And a LITERAL change in body chemistry.

YES, YOU READ THAT CORRECTLY.

Self-care releases oxytocin, sometimes called the “cuddle” or “feel good” hormone. This hormone has historically been understood as enhancing feelings of connectedness, love, and compassion. What’s awesome about this is the more it’s released in response to self-care activities, the more you will feel those things towards yourself. Plus, oxytocin release has been correlated with **improved sleep quality, reduced cortisol in the body, and an enhanced immune system!**

By creating a self-care practice, you can hardwire new patterns in your brain that are less negative and/or self-destructive through **neuroplasticity**. How? By engaging in what I refer to as, “**Acting as if...**”. The more you act as if you believe you are worth it, the more your brain will build connections to believe that you are, in fact, *actually* worth it. Awesome, right?

WHAT IS A "PRACTICE"?

You may have noticed that I've evolved from talking about self-care to a self-care practice. *What's the difference?* Self-care is the concept we are focusing on, and the practice is the concept in action. Self-care practice includes the routine(s) and/or ritual(s) that we are creating that will derive from the roots of our self-care definitions and our "why" statements. I use the term "practice" for two reasons:

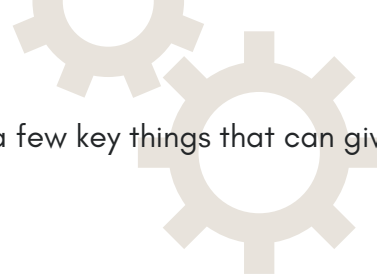
1. The focus is on **practicing** the idea and the application of self-care.
2. The goal is to create something that is done **repeatedly** and with **intention**.

WHAT DIFFERENCE DOES THIS MAKE?

The more we engage in a particular thought, action, or feeling, the easier it is to repeat that in the future. The brain is complex and lazy. I mean... it's an efficient system that does what it can to maximize its resources and spend as little energy as possible. That's why the brain likes repetition and automation. The more we repeat a particular task, the better the brain can study it and set up a system for continued automation.

Have you ever driven somewhere you drive all of the time, gotten there, and didn't remember the drive itself? That's the brain "helping" you by making it so that you can do something you do all of the time without using so much cognitive power.

This "help" makes it less likely that you will talk yourself out of the practice. It becomes less of a choice. Like brushing your teeth or making coffee in the morning, it is just a part of your routine, so you do it regularly and often, without thinking about it.



Now, there are a few key things that can give us the greatest likelihood for success in setting up a self-care practice:

- ☐ Make it **simple** and **manageable**. We want to choose things that have a low cognitive load and do not require significant activation energy.
- ☐ Make it **enjoyable**. Only do what you *actually* like or want to do.

WRITE YOUR OWN DEFINITION.

Reflect on what we have discussed thus far. Consider what you have learned about yourself and what allows you to reset or decompress. What actions, thoughts, feelings and connections can support you in that grounding experience? Now, take a few minutes to write a definition of self-care that aligns with this and supports what it can look like in practice in your daily life.

SELF-CARE IS:

As you think about this, what do you have to let go of or bring into your life to make self-care more accessible in your daily life?

What beliefs about yourself and your worth are getting in the way of you taking care of yourself? What support and skills do you need to begin to work through and past these barriers?

BUILDING YOUR PRACTICE.

On the following pages, you will see a chart that includes various self-care activities, some you may have tried in the past, engage in now, or may be seeing for the first time. Next to each activity, you will see various columns that include:

- A description of the activity
- Any materials needed
- The impact it can have
- A checkbox to mark whether or not you tried the activity
- A checkbox to note if you found it helpful/liked it
- A notes section to mark down any specifics to your experience, including when this activity may be more or less accessible or helpful.

You will also see some blank rows at the end of the chart to add in any other self-care activities that are helpful for you.

The goal in building a true practice for self-care is to find the things that support you in improving and/or preserving your well-being. You may find that some activities work well when you feel stressed and act as a great way to decompress, while others are easy rituals to build into your daily routine regardless of your state.

Be diligent in your practice and stay open to trying activities more than once and in different contexts. For example, my skincare routine is a daily act of self-care that I engage in regardless of my emotional state or level of distress. However, I find thought dumping, breath work, and affirmations to be more helpful when I am in a state of heightened distress and overwhelm.

Once you have found what works for you, you can fill out the last page which is a summary page of your self-care practice. This page is designed to be printed and put up where you can easily access it or recall the information. It is written as a commitment to the self.

ACTIVITY	DESCRIPTION	MATERIALS	IMPACT	TRIED	EFFECTIVE	NOTES
TAKE A BATH OR HOT SHOWER	Stop what you are doing and hop in the shower or bath. This forces the brain to shift the focus on temp regulation and stimulates various sensory reactions that can signal calm.	<ul style="list-style-type: none"> Shower or bath 	This forces a scenery change, takes away from technology and is about tending to the body which anchors us back on the self.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
GET OUTSIDE	Take a walk. Call out or notice 10 things that interest you. Describe what you experience with all 5 senses. Notice how this shifts the way you engage with your walk & the world.	<ul style="list-style-type: none"> Weather gear Nature 	It breaks the feedback cycle compounding your anxiety and expands your scope of the world beyond yourself or the thing you're fixated on.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
MEDITATE	You can use a formal app or practice or simply sit & focus on your breath & notice what comes up for you. Try and engage for at least 1 minute in this practice.	NA	Meditation is an invitation to return to the present. It gives space to connect with your mind and body without judgment.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
JOURNAL	You could search for prompts or simply make space to write down whatever is on your mind. The goal is to put on paper anything you are holding on to or need to work through.	<ul style="list-style-type: none"> Something to write in 	Journaling is a form of externalization or getting out of your head what you've been holding on to so you can sort through & release it.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
SAY "NO" TO OR CANCEL SOMETHING	Give yourself permission to take back time and energy or <u>set boundaries</u> around it that better serve you by <u>saying "No"</u> to something you don't want or need to do.	NA	Setting boundaries reinforces your sense of self-efficacy and esteem. It also helps you let go of the need to please others.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
GET CREATIVE. DO SOME ART.	Get out some markers, paint, play doh, or even paper & pencil & make something. It's not meant to be perfect. It's just about making something that wasn't there before.	<ul style="list-style-type: none"> Art Supplies 	"Making" turns on different parts of the brain and allows you to be present & less consumed by anxiety and analytical judgment.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
DO A COMPASSION-ATE BODY SCAN	Slowly moving through each body part. Connect to your body, listen to what it is telling you and bring warmth and love into that space. In each space, say, "I'm with you."	NA	This is about bringing both awareness and connection back to the body rather than focusing on body avoidance or negativity.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
BREATHE	Slow down your breathing and focus on taking deep, belly breaths. Look up "Belly breathing", "Square Breathing" or purchase this <u>worksheet</u> .	NA	Cues the brain to slow down your heart rate & counter the physiological effects of anxiety and distress.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
TALK KINDLY TO YOURSELF	Look in the mirror & tell yourself: "I'm worthy. I'm beautiful. I'm enough." What thoughts & physical sensations arise. Sit with it without judgment.	<ul style="list-style-type: none"> Mirror 	The more we say kind things to ourselves, the more we condition ourselves to accept and believe them.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	

ACTIVITY	DESCRIPTION	MATERIALS	IMPACT	TRIED	EFFECTIVE	NOTES
NAME & VALIDATE YOUR EMOTIONS	If you're mad, you get to be mad. Honor that feeling so you can release it rather than get stuck there or allow it to dictate your response. If you're getting stuck, download an emotions list .	<ul style="list-style-type: none"> Emotions wheel 	Increases your emotional intelligence and shifts you away from being reactive.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
DON'T HIT SNOOZE	For a week, do not hit snooze. When your alarm goes off, take a deep breath and launch your day.	<ul style="list-style-type: none"> Normal alarm 	Snoozing is an erosion of boundaries. Show yourself you can set & maintain them & that you are worth getting out of bed for.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
USE PROGRESSIVE MUSCLE RELAXATION	Moving from head-to-toe, go from muscle to muscle, tensing & holding it while you take a deep breath. Exhale, & release. Notice the sensations you feel. For more support, get this worksheet .	NA	This technique uses muscle physiology to trick the muscles into relaxing by doing the reverse and forcing the brain to let go.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
GO ON A QUEST FOR FAILURE	Try something new that's of interest to you & that you have no idea how to do. Own your unknowing & embrace the learning process.	NA	Anxiety's created in the quest for perfection. Seeking out failure helps your brain let go of the fear-response & "what if" associated.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
HAVE A PITY PARTY	Go full blown toddler. Stomp. Yell. Cry. Tell yourself your life is harder than anyone else's. Validate your emotions. Once you're done, you can release them with greater ease.	NA	Emotions are felt in waves and need to be experienced to move through them. This process releases their hold.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
EAT A MEAL WITHOUT DISTRACTION	Remove all distractions - TV, phone, book, people. Notice what you feel in your body by engaging with your food with all 5 senses.	<ul style="list-style-type: none"> A meal or snack you enjoy 	Reconnecting with the self. Eating is one of the most direct ways we can feel & engage with our body & be without other sensory inputs.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
PRACTICE RADICAL ACCEPTANCE	Make a list of what is and is not in your control and let go of the drive to focus on things you can't change. Watch this video for more on this topic.	<ul style="list-style-type: none"> Notebook and pen 	Builds a sense of self-efficacy and allocates resources to areas on our control.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
STOP FIGHTING YOUR BODY	We are conditioned to hate our bodies for what they look like or do/do not do. Instead of hating it, connect to it. Thank it. Write it a letter of appreciation.	<ul style="list-style-type: none"> Pen & Paper or Journal 	Centering our connection back on the self allows us to let go of shame and the chase for external validation.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
SWITCH FROM "I HAVE TO..." TO "I CHOOSE TO..."	Instead of saying, "I have to clean the kitchen" try, "I get to clean up the kitchen". You can also connect this back to your values. Notice what happens as you change the locus of control from others to self.	NA	Helps you let go of the compounding feeling of no control and overwhelm.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	

ACTIVITY	DESCRIPTION	MATERIALS	IMPACT	TRIED	EFFECTIVE	NOTES
ELEVATE YOUR HEART RATE.	Engage in a short burst of intensive exercise to increase your heart rate. Ex: Run around the block, do a few push-ups or jumping jacks, or walk in place.	NA	Movement naturally releases endorphins and burns up some of the energy fueling your high activation state.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
TURN OFF YOUR DEVICES	Turn off or shut down all of your devices. Getting regular breaks from technology is incredibly important and allows you the opportunity to reduce blue light intake and input overload.	<ul style="list-style-type: none"> Devices to power off 	Improves sleep, slows down your sense of reactivity and overwhelm and improves energy and mood.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
WATCH, READ OR LISTEN TO SOMETHING INSPIRING.	Find something that makes you feel inspired or energized. Learn about someone else's experience or projects and work being done in the world that excites and empowers you.	<ul style="list-style-type: none"> Material to Consume (Book, Movie, etc) 	This is about intentional input consumption and shifting the focus on things that expands our focus away from the self.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
WATCH, READ OR LISTEN TO SOMETHING FUNNY OR ENJOYABLE	Find something that makes you feel lighter or activates that "feel-good" part of the brain. It could be a movie, funny videos on social media, a podcast, or book.	<ul style="list-style-type: none"> Material to Consume (Book, Movie, etc) 	This is about controlling the type of input the brain processes and giving it a break from heavy or anxiety producing thoughts.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
REACH OUT TO A LOVED ONE.	Call, text or make plans with someone that makes you feel loved, secure and supported.	<ul style="list-style-type: none"> Contact Information 	Connection with positive and supportive people is key to helping us move away from negative self-talk and distorted thinking.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
USE YOUR 5 SENSES.	Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.	NA	Anxiety takes you out of the present moment. This activity will reanchor you in the "now".	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
DRINK SOMETHING WARM	Make a cup of coffee or tea or simply put warm water in a cup and sip. Take your time, feel the warmth as it hits your mouth and feel the sensation as you swallow.	<ul style="list-style-type: none"> Warm beverage 	Warm beverages have been linked with muscle relaxation due to the effect on blood flow.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
MAKE A "TO BE" VS A "TO DO" LIST	Rather than focusing on what you need/want to do, write down who you want to be & how you want to show up to your life. How do you want to act? What values & intentions do you want to anchor on?	<ul style="list-style-type: none"> Pen & Paper or Journal 	By shifting away from what we do & focusing on who we are, we can begin to dismantle our shame & the belief that we are only worthy if [FILL IN THE BLANK]	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
FORGIVE YOURSELF	Continuing to judge yourself for what you did/didn't do does nothing but keep you stuck in the pain of your past. Digest and take what you need from the experience then let it go.	NA	<u>Self-forgiveness</u> is key to living in a growth mindset and constantly anchoring on the growth and <u>context</u> of your life.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	

ACTIVITY	DESCRIPTION	MATERIALS	IMPACT	TRIED	EFFECTIVE	NOTES
LET GO OF WHAT OTHERS THINK	We're constantly assuming what others think of us – projecting our own insecurities on them. With every worry, remind yourself 1) it's probably not true & 2) If it is, you'll be okay. Then let it go.	NA	Focusing less on what others think helps clarify what's important to us. It also gives opportunity to root into our values vs. external approval.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
FIND AND POST AN AFFIRMATION YOU LIKE	Find a positive message that you connect with and write it on a sheet of paper. Post it somewhere where you will see it every day.	<ul style="list-style-type: none"> Post it notes or paper & tape 	Messaging is powerful. Our internal messaging is focused on us as the problem. Positive affirmations oppose this negative self-talk.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
STAND UP AND STRETCH.	Stand up and stretch. You can look up 5- or 10-minute stretching videos or even just reach down to touch your toes or lean side to side.	<ul style="list-style-type: none"> Open space 	Stretching improves flexibility, decreases pain & stiffness, improves circulation and reduces stress.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
MAKE YOURSELF COLD	Take a cold shower; put your face in a bowl of cold water; squeeze an ice cube or a frozen orange; drink a glass of ice water.	<ul style="list-style-type: none"> Cold water or items 	Activates your parasympathetic nervous system to slow your heart rate and calm you down.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
TAKE A MENTAL TRIP	Imagine a place you have been or want to go that brings you excitement, joy or peace. Close your eyes and go there. Try and describe it with all 5 senses and immerse yourself in the space.	NA	Visualization and memory recall are powerful tools in cognitive reframe and anxiety disruption.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
LISTEN TO MUSIC	Turn up the tunes and listen to music that makes you feel calm, excited or silly. You can even make a playlist of your favorite songs to turn on whenever you are feeling keyed up.	<ul style="list-style-type: none"> Device to play music Self-Care Playlist 	Music can act as a conduit to process heavy emotions, inspire creativity and transplant us to new spaces and places in our head.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
PRACTICE COGNITIVE DEFUSION	This technique is about naming & letting go of your emotions. It is about radical acceptance & letting thoughts be thoughts rather than rules or demands. Watch this video on it here .	NA	This helps you feel less reactive & stuck in skewed perceptions & fear and relieves the emotional intensity tied to the thought.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
DO A THOUGHT DUMP	Write down every thought running through your head. It doesn't need to make sense. Then pause, breathe and ask yourself what of those thoughts you want to pick back up.	<ul style="list-style-type: none"> Pen & Paper 	This is a process called externalization which helps you create distance from your thoughts so they are less consuming.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	
PLAY	Get outside and run around. Get out the play doh. Build a fort. Be silly. Let your inner kid out and do something that sparks that playful joy.	NA	Play allows freedom of choice & creative expression which is empowering. The open-ended nature can help alleviate anxiety & make space to process.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10	

ACTIVITY	DESCRIPTION	MATERIALS	IMPACT	TRIED	EFFECTIVE	NOTES
PRACTICE GRATITUDE	Pause and ask yourself what's something or who's someone you're grateful for today. This can be a daily ritual or one-off activity. <i>Optional: Write it down in a gratitude journal.</i>	<ul style="list-style-type: none"> Pen & Paper or Journal 	<u>Gratitude</u> can help you reanchor your perspective, reduce cortisol production and improve self-talk.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
PERFORM A RANDOM ACT OF KINDNESS	Do something kind without being asked or for your own gain. Buy someone coffee, write a letter, give someone the benefit of the doubt, etc. For more ideas, snag this handout .	NA	Reduces cortisol and releases endorphins which can increase self-esteem and connection and reduce anxiety and pain.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
SET A BOUNDARY	<u>Assert a boundary</u> with yourself or someone else. It could be saying "no" or holding someone accountable. It could also be setting and keeping a bedtime for a set period of time.	NA	Setting & upholding boundaries increases self-efficacy & reframes the belief that you deserve to set standards in & for your life.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
ASK FOR WHAT YOU NEED	Regardless of what the outcome could be, ask. We may not always get it but the success is being willing to assert ourselves, not in getting what we want. Learn more about this here .	NA	Reanchoring the sense of self on your needs and wants versus the external validation or approval of others.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
LIGHT A CANDLE	Light a candle with a scent you enjoy. If you don't have a candle, try a room spray, incense or even a lotion that you like the smell of.	<ul style="list-style-type: none"> Candle Lighter 	By associating a scent with relaxation, over time, whenever you smell this smell, your brain will signal to relax.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
MAKE A LIST OF OBSTACLES OVERCOME	Write down everything you have overcome in life. No value assessment or comparison, just list the obstacles you have overcome – big, small and in between.	<ul style="list-style-type: none"> Pen & Paper or Journal 	Challenges distorted thinking and negative self-view to see strength and increase self-efficacy.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
DECLUTTER AND RECENTER	Pick a space – a drawer, shelf, room, etc and clean it out. Get rid of what isn't serving you. <i>Optional: Try the Marie Kondo method.</i>	<ul style="list-style-type: none"> Room or space to focus on 	A cluttered space compounds on mental & emotional clutter & increases anxiety. This process decompresses the brain.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	
WRITE A LETTER TO YOURSELF	Write a letter to your present self honoring how you're feeling, your past self offering love and forgiveness or your future self honoring from where you've come.	<ul style="list-style-type: none"> Pen & Paper or Journal 	Increases integration and connection with the full self, makes space to honor and connect to your emotions and heal pain and fear.	<input type="checkbox"/>	<input type="checkbox"/> Scale of 1-10 <hr/>	

Use the next page to add in your own ideas for self-care and document any details and outcomes that help you in building your ultimate self-care system.

ACTIVITY	DESCRIPTION	MATERIALS	IMPACT	TRIED	EFFECTIVE	NOTES
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MY SELF-CARE PRACTICE:

DAILY ROUTINES & RITUALS:

The self-care activities I plan to incorporate in my daily life/routine include:

1

2

These are activities I am committing to practice daily, independent of my anxious state or level of fatigue. I am granting myself grace and compassion to know that there may be days that I cannot do these activities and that is okay. I do not need to be perfect, I just need to show up and keep trying.

DISTRESS TOLERANCE & ANXIETY-REDUCING ACTIVITIES:

The following self-care activities are activities that will best support me in states of high anxiety and distress. I can use these skills to help manage the acute feelings while also recenter myself in the present and on my values.

1

Activity: _____

I can use this when I feel: _____

This activity helps me: _____

2

Activity: _____

I can use this when I feel: _____

This activity helps me: _____

3

Activity: _____

I can use this when I feel: _____

This activity helps me: _____