

# Self-Care Worksheet

Self-care is essential for our health and wellbeing. It can be broken up into three types of Self-Care, physical self-care, mental/emotional self-care, and spiritual self-care (see diagram below). All of these are necessary for our mental, physical, and spiritual health, and yet it is so often seen as an unnecessary privilege reserved for only certain people. It helps to practice self-care regularly to have a resource of ideas already created to prioritize self-care. Complete the chart below of ideas for self-care that will take about the time listed and then commit to doing at least 1 or more activities each day. Try to incorporate all three types of self-care into your chart.



