

My Self Care



Create Your Unique Self-Care Plan

*Self Care Ideas and Schedule Templates
from MHAS*

Self-Care Ideas For The Morning

- Write a to-do list (with action steps)
- Make your bed
- Wash your face and use a moisturizer for your skin
- Listen to a guided minute meditation
- Do some stretches
- Put on your favorite music
- Drink a glass of water
- Focus on your breath
- Drink some hot tea
- Take a shower
- Exercise
- Energizing Yoga
- Go for a morning walk
- Sit in silence
- No technology for the first hour of the day
- Make yourself your favorite breakfast
- Wear your favorite outfit
- Do your hair/makeup

Self-Care Ideas For The Evening

- Light a candle
- Read a book
- Write a to-do list for the next day
- Take a hot shower
- Take a warm bubble bath
- Make yourself some nighttime tea
- Watch an inspiring, funny, or educational video
- Early bedtime
- Turn off all electronics an hour before bed
- Wash your face, find a skincare routine that works for you
- Brush your teeth
- Write a gratitude list
- Unfollow social media accounts that no longer serve a positive purpose
- Write out a goal list for the week/month
- Identify something you can do for your future self
- Identify something kind you can do for someone else
- Stretch your body
- Calming Yoga

Self-Care Ideas For Everyday

- Create a relaxing bedtime routine
- Take a walk to decompress from the day
- Read a book
- Spend time outside
- Start a new hobby
- Connect with someone from your support system
- Make a list of things that bring you joy
- Engage in at least one activity each day that brings joy
- Limit time spent watching/reading the news
- Listen to an uplifting podcast
- Clean/organize your space
- Take scheduled breaks from work
- Stay hydrated and eat well
- Rest when needed
- Develop a self-care toolkit
- Find lightness and humor throughout the day
- Ask for help if needed
- Look for the positives in situations

Positive Affirmations

✚ I am capable

✚ I am important

✚ I am worthy

✚ I am enough

✚ I am happy

✚ I am healthy

✚ I am thankful

✚ I am beautiful

✚ I am confident

✚ I am unique

✚ I am strong

✚ I am valuable

✚ I am creative

✚ I am fun

✚ I am enough

✚ I am courageous

✚ I am a good friend

✚ I am kind

✚ I am persistent

✚ I am caring

✚ I am important

✚ I am fabulous



Here's an Example..then You try!

Day of the week : Monday

Self-Care checklist for the morning

- ✘ Make Bed
- ✘ Wash and moisturize my face
- ✘ Drink water
 - Stretch
- ✘ Meditate
 - Go for a walk

Self-Care checklist for the evening

- ✘ Make some tea
 - Light a candle
- ✘ Read a book
- ✘ Wash and moisturize my face
- ✘ Watch an inspiring video

To-Do List:

- ✘ Check emails
 - Workout
- ✘ Meal Prep
- ✘ Laundry
- ✘ Schedule Dr appointment

What felt most difficult for the day?

Time Management

What was a positive about today?

Meditation helped me feel calmer

Today's Affirmation:

I am capable



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Self-Care checklist for the morning

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To-Do List:

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Self-Care checklist for the evening

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What was a positive about today?

Today's Affirmation:



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What was a positive about today?

Today's Affirmation:



Week in Review

What I accomplished:

What am I thankful for?

What I am most proud of:

Positive Affirmations for the Week:

What can I work on?

Goals:
