

Name:

Date:

# SELF-CARE WELLNESS WORKSHEET

## **WHAT IS SELF-CARE?**

Self-care isn't selfish, it's how we protect our energy, mental health, and well-being. It's not just bubble baths (though those are nice), it's also setting boundaries, asking for help, and making time for the things that keep you grounded.

## **SELF-CARE CATEGORIES (WITH EXAMPLES)**

Physical - sleep, nutrition, movement, medical check-ups

Emotional - therapy, journaling, talking to friends, expressing feelings

Mental - reading, learning something new, problem-solving, creativity

Social - connecting with loved ones, community activities

Spiritual - meditation, prayer, nature walks, gratitude practices

## **SELF-CARE INVENTORY**

Category	Things I Already Do	Things I'd Like to Try
Physical		
Emotional		
Mental		
Social		
Spiritual		

## **CREATING YOUR SELF-CARE PLAN**

*Prompt:* Circle three activities from your list that you will commit to doing this week.

*Follow-up:* When will you do them? Who can help keep you accountable?

## **REFLECTION**

"How do I usually know when I need self-care?"

"What's one barrier to self-care I can work on removing?"



Mental Health Care, Reimagined  
www.ElevatedHealingTreatmentCenters.com