

# SELF-CARE

“ I M A T T E R ”



## What is Self-Care?

Self-care is made up of the deliberate ACTIONS we take to address basic and key needs in important areas of our lives. Self-care helps us cope with stress and anxiety.

## Why do I need to do this?

Self-care PROMOTES healing and REDUCES suffering. PROTECT your energy by becoming an ACTIVIST for yourself so you can keep going for yourself and for those you love and who depend on you.

## How Can I Start?

**Assemble Your Crew:** Ask friends, family, mentors, teachers, knowledgeable associates, experts, health care providers, therapists, and/or trained professionals to HELP YOU FOCUS on your betterment and KEEP YOU ACCOUNTABLE.

**Check-in with Yourself:** ASK YOURSELF what do I need?, OBSERVE your thoughts, LABEL your emotions, RECOGNIZE your body sensations and NOTICE your mood.

**Replace Worry with Planning:** Choose activities that will help you feel better in the important areas of your wellbeing such as your mental, physical, emotional, spiritual, social & economic health. Be specific about your plan and decide WHAT you want to do, HOW MUCH you want to do it, HOW OFTEN will you do it and WHEN you will get it done. If your plan seems overwhelming, break it up into smaller parts and TAKE BABY STEPS.

**Write it Down:** JOURNALING or creating a VISION BOARD will help remind you of what you are trying to achieve. Also, KEEPING TRACK of your mood helps you understand WHAT and WHEN self-care activities work best for you.

**Give Yourself Permission:** Remember, self-care DOES NOT EQUAL selfish. It gives you energy and fuels your wellness “gas tank” so you can keep going. If your tank is only half or quarter filled, it is time to FUEL UP! Don’t let your tank get empty before you take steps to feel better.

### **Using the List on the Back, Start Making Your Self-Care Goals:**

**Mental:** \_\_\_\_\_

**Physical:** \_\_\_\_\_

**Emotional:** \_\_\_\_\_

**Spiritual:** \_\_\_\_\_

**Social:** \_\_\_\_\_

**Economic:** \_\_\_\_\_

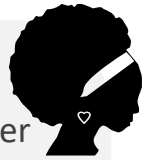
### Mental:

Therapy	Journaling
Notice Thoughts	Label Emotions
Create a Routine	Limit News
Turn off Electronics	List My Options
Daily Hygiene	Read
Learn My History	Ask for Help
Work on Recovery	Take Small Steps
Learn New Things	Safety Plan
Notice Body Sensations	Say no



### Spiritual:

Church Service	Volunteer
Connect Spiritually	Prayer
Trust in Higher Power	Mindfulness
Daily Inspiration	Meditation
Gratitude List	Nature
Be Thankful	See Beauty
Make time for Joy	Praise
Know My Ancestors	Help Others
Celebrate My Culture	Contemplate



### Physical:

Exercise	Take a Walk
Dance/Rhythm	Zumba
Drink Water	Eat Well
Sunshine	Fresh Air
Sleep Well	Health care
Drink Hot Tea	Take Medication
Yoga	Recreation
Play Drums	Self-Defense
Garden	Movement



### Social:

Civic Club/Group	Call Family
Text a Friend	Video Chat
Family Time	Write a Letter
Send a Card	Have a Pet
Find a Mentor	Support Group
Expand My Circle	Say Yes
Get/Eat together	Date nights
Activism	
Form a Study Group	



### Emotional:

Deep breathing	Art/Creativity
Baking or Cooking	Relax/Pause
Distract	Aromatherapy
Sing	Declutter
Listen to Music	Take a bath
List My Strengths	Imagery
Positive Thoughts	Style My Hair
Feel Textures	Color or Draw
Ease Muscle Tension	Self-Compassion



### Economic:

Know How Much I Have  
Keep a Calendar of My Obligations  
Balance My Time  
Manage My Energy  
Get Advice  
Know My Educational Options  
Donate if I Can  
Know My Rights  
Support People of Color  
Know Where I Can Find Help

