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: _________________________________________________________

How Can I Start?
### Mental:
- **Therapy**
- **Notice Thoughts**
- **Create a Routine**
- **Turn off Electronics**
- **Daily Hygiene**
- **Learn My History**
- **Work on Recovery**
- **Learn New Things**
- **Notice Body Sensations**
- **Journaling**
- **Label Emotions**
- **Limit News**
- **List My Options**
- **Read**
- **Ask for Help**
- **Take Small Steps**
- **Safety Plan**
- **Say no**

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

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

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

### 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**

### 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**