



Worksheet: Building Self-Care Practices

This worksheet is for anyone who wants to build self-care practices. Self-care means taking care of yourself by spending time in ways that improve your health and well-being. Building self-care practices supports your well-being and can help you find a sense of calm and peace.

Strategies to help you cope when you feel distressed:

- Allow yourself to have a big sigh.
- Notice your feet and make contact with the ground.
- Tense and then release the muscles in your body.
- Move your body – reach your hands over your head and stretch.
- Place your hand over your heart.
- Have a warm cup of tea or a cool glass of water.
- Notice your surroundings – blue sky, trees, sounds of birds or cars driving by.
- Reach out to someone who cares about you – call a close friend or relative, therapist, or support person.

Building Self-Care Practices

Most of us find strength and resilience through experiences in these key areas:

- Nature
- Creativity
- Animals
- Spirituality
- Relationships with loved ones
- A sense of community

Which area(s) do you draw strength from?

What is it about these areas that gives you strength or feelings of connection?

Recall or imagine one of your *most positive* experiences with that source of strength and resilience and write about it.



Finding What Works for You

Understanding where you find strength, support, peace, or connection gives you important information about yourself to help build your own self-care practices. Here are some questions to help you learn more about what supports you:

- | | |
|---|--|
| <ul style="list-style-type: none">• When do I feel most alive?
_____ | <ul style="list-style-type: none">• When do I feel empowered and strong?
_____ |
| <ul style="list-style-type: none">• What activities make me feel good about myself?
_____ | <ul style="list-style-type: none">• What do I care about?
_____ |
| <ul style="list-style-type: none">• What ignites my passion for life?
_____ | <ul style="list-style-type: none">• What helps me re-charge after a long day?
_____ |
| <ul style="list-style-type: none">• Who do I want to be?
_____ | <ul style="list-style-type: none">• What does my heart long to have more of each day?
_____ |
| <ul style="list-style-type: none">• What do I love about work/school/daily life?
_____ | <ul style="list-style-type: none">• What kind of positive change do I want to make in the world?
_____ |

Looking at your answers above, what did you learn about yourself that might help you build a self-care practice?

Planning Ahead for Self-Care

Making a plan for self-care when you're feeling calm provides you with strategies you can more easily draw on when you're feeling distress. Take a few minutes to write about your self-care plan – note what might help you remember your self-care practices. See what works for you and add or change this list as you grow your practices.

Other self-care practices I would like to try:

- | | |
|--|--|
| <input type="checkbox"/> Going for a walk | <input type="checkbox"/> Doing something creative (beading, painting, colouring, making music) |
| <input type="checkbox"/> Reading a book | <input type="checkbox"/> Taking part in cultural celebrations (drumming, dancing, singing) |
| <input type="checkbox"/> Listening to music | <input type="checkbox"/> Sharing lunch with a good friend |
| <input type="checkbox"/> Making time to relax or play | <input type="checkbox"/> Joining faith-based gatherings or a spiritual community |
| <input type="checkbox"/> Moving your body (dancing, yoga, running, biking, swimming) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Journaling | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Learning something new | |
| <input type="checkbox"/> Listening to a podcast | |

