

Self Care Worksheet

Self care plays an important role in our physical, emotional, and mental well-being. Anxiety and stress reduction has been proven beneficial in the management of chronic disease like heart disease and diabetes. Performing regular self care can also help improve self esteem and promote positive body image. You may not realize that self care can include a wide range of activities!

Emotional Self Care

Activities that help you identify, connect with, and process through a wide range of emotions

Helpful when: You struggle to control emotions, or use maladaptive skills to cope with emotions

Ex: Mindful eating, journaling, therapy, art, playing music

Practical Self Care

Tasks that help you meet your basic needs and promote a more peaceful, stable living environment

Helpful when: Feeling disorganized or chaotic is interfering with your ability to enjoy and participate in your life

Ex: Meal planning/prepping, doing dishes, creating a bedtime routine

Physical Self Care

Activities that enhance your physical wellbeing or show appreciation for your body

Helpful when: Body image is poor, you feel disconnected from your body, or you feel physically rundown

Ex: Eating regular meals, joyful movement, baths, massage, napping

Mental Self Care

Activities that stimulate your mind or speak to your intellect to cultivate a healthy psyche

Helpful when: You identify feeling bored, unfulfilled, or feel mentally fatigued after work or school

Ex: Puzzles, reading, podcasts, exploring new places, trying a hobby

Social Self Care

Activities that nurture and deepen healthy relationships with friends, family, or loved ones

Helpful when: You feel isolated, lonely, and disconnected from your support systems

Ex: Phone calls, lunch dates, game nights, pen pals, caring for a pet

Spiritual Self Care

Activities that connect you to a higher power than yourself and caters to your soul or spirit

Helpful when: You feel small and powerless, uninspired, or when you are grieving loss or undue stress

Ex: Meditation, nature walks, attending worship, volunteering for a cause



Self Care Worksheet

Now it's your turn!

Try listing a few activities you already do that fit each category.

Take note of the categories that have fewer responses.

Could you benefit from adding more self care activities to your routine?

Emotional Self Care

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Practical Self Care

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Physical Self Care

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Mental Self Care

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Social Self Care

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Spiritual Self Care

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Self Care Worksheet

Need some inspiration for what to try next? Consider some of these activities!

What category would you place each activity in?

Choose a few new activities that help you fill in the gaps of your existing self care routine.

- Listen to your favorite music
- Enjoy an afternoon nap
- Take a bath or shower
- Visit a museum or art gallery
- Go for a sensory walk
- Practice yoga
- Go cloud watching outside
- Volunteer at a homeless shelter
- Relax in a whirlpool or sauna
- Say or read a spiritual prayer
- Attend a support group
- Practice deep breathing
- Do stretching exercises
- Reflect on positive qualities
- Write in your journal
- Go star gazing outside
- Create a collage
- Visit a cat cafe
- Receive a massage
- Go hula hooping
- Make a weekly budget
- Get a hair-cut
- Attend a favorite athletic event
- Invite friends over for dinner
- Do a crossword puzzle
- Go bird watching
- Read a book for fun
- Dance in the rain
- Play a musical instrument
- Apply a face mask
- Write a song
- Help a friend with a task
- Color in a coloring book
- Learn a new language
- Clean your room
- Garden and work with plants
- Learn a new skill
- Attend a play, movie, or concert
- Walk along the boardwalk
- Ride a bicycle
- Invite friends to a tea party
- Cook a favorite meal
- Draw or paint a picture
- Make a weekly to-do list
- Sunbathe (with sunscreen)
- Go for a swim
- Take a dance class
- Write to a pen pal
- Get a restful night's sleep
- Go horseback riding
- Make your bed
- Go to a petting zoo
- Make a meal plan
- Read a cartoon or joke book
- Create a new playlist
- Write a letter to an old friend
- Create a scrapbook
- Play at an amusement park
- Go camping with friends
- Hydrate with water
- Create a gratitude list
- Go rollerskating
- Cut out paper snowflakes
- Make a grocery list
- Play a board game
- Look through old photo albums
- Go window shopping
- Volunteer at the animal shelter
- Walk barefoot in the grass
- Lead a food drive
- Set a boundary with someone
- Play a card game
- Attend a workshop
- Go paddle boarding
- Write a list of affirmations
- Buy yourself a small gift
- Create something from clay
- Organize a drawer or closet
- Practice the art of forgiveness
- Take yourself on vacation
- Cuddle with your pet
- Watch your favorite TV show
- Write a poem
- Get a pedicure/manicure
- Make a bouquet of flowers
- Bake your favorite treat
- Visit a park, woods, forest
- Call an old friend
- Try out a new recipe
- Go to church
- Watch a favorite movie
- Go on a picnic
- Make a fancy coffee drink
- Write a letter to future you
- Light an aromatherapy candle
- Compliment a stranger
- Complete a puzzle
- Limit time on social media
- Host a slumber party
- Make and bury a time capsule
- Fly a kite outside
- Perform a skin care routine
- Practice mindful eating
- Wash your hair
- Create a vision board

