

Self-Care Worksheet

Daily:

Weekly:

Monthly:

Seasonally:

Yearly:

7 Categories of Self Care

Physical

Emotional

Spiritual

Safety & Security

Social

Intellectual

Relational

7 Categories of Self-care Definitions

Emotional self-care is identifying, accepting, and expressing a range of feelings. Find outlets for your feelings such as: drawing, writing, playing music, dancing, singing, watching a sad movie and letting yourself cry, etc.

Physical self-care basically involves being active, eating well, and taking care of your physical health. It's moving your body by participating in physical activities that you enjoy. It's listening to your body's hunger and fullness cues. It's going to the doctor for routine care as well as when you feel ill. It's getting a good night's rest.

Spiritual self-care is an ongoing search for meaning and understanding in life and what may extend beyond. It's exploring and expressing your beliefs and values. It's finding your place in the universe and connecting to a larger purpose.

Social self-care means nurturing relationships with people outside of your immediate family. Friendships can be critical to our quality of life and become especially important as we face new and increasingly difficult challenges in our lives.

Intellectual self-care involves critical thinking, exploring new ideas, and creativity. It could include reading about something that interests you, watching a documentary, listening to a podcast, learning a new skill, or visiting a place like a museum or historical landmark. Anything that expands your knowledge or changes the way you think about things could count as intellectual self-care.

Relational self-care is strengthening relationships with the people you see most often and feel closest to. Often this includes the people you live with. Studies have proven that when we spend time interacting with our immediate family, we build connections that help us conquer stress and life challenges.

Safety and security self-care involves being proactive about ensuring personal safety. Examples would include having a plan in case of a fire or natural disaster in your home, memorizing the phone number for someone you would call in an emergency, knowing who in your life would have your back when you really need them and reaching out when you do. Other examples might also include understanding and managing your finances, having health insurance, and knowing what you need in your environment in order to feel safe (locked doors/windows, leaving a light on at night, having someone else with you at home, etc.).