

Total Self-Care

Read through the suggested strategies listed in the four categories and check off what you “currently do” and what you are “interested to try” doing.

<u>Strategy</u>	<u>Currently Do</u>	<u>Interested to Try</u>
Physical		
Improve diet: fruits/veggies, whole grains	_____	_____
Adequate sleep and rest	_____	_____
Exercise/sports	_____	_____
Stress management	_____	_____
Yoga/stretching	_____	_____
Massage	_____	_____
Other: _____	_____	_____
Mental		
Read motivational books	_____	_____
Listen to motivational CD's	_____	_____
Keep a journal	_____	_____
Take a class to enhance skills	_____	_____
Spend time on hobbies	_____	_____
Get professional help	_____	_____
Take a break from news media	_____	_____
Create new goals for this period of life	_____	_____
Change negative self-talk	_____	_____
Ask higher quality questions	_____	_____
Other: _____	_____	_____
Emotional		
Spend more family time together	_____	_____
Spend more time with friends	_____	_____
Build your network	_____	_____
Create a “brag file” of accomplishments	_____	_____
Join a support group	_____	_____
Volunteer to help others	_____	_____
Go to museums, cultural events	_____	_____
Manage finances and budget	_____	_____
Do things to make you laugh	_____	_____
Other: _____	_____	_____
Spiritual		
Cultivate an attitude of gratitude	_____	_____
Read/listen to inspiring literature	_____	_____
Listen to uplifting music	_____	_____
Write mission/purpose statement	_____	_____
Immerse yourself in nature	_____	_____
Read biographies of inspiring people	_____	_____
Practice religious worship	_____	_____
Meditation or stress management	_____	_____
Simplify your life; reduce possessions	_____	_____
Talk with religious figure	_____	_____
Other: _____	_____	_____