

humantold

Building A Self Care Routine

With this activity you'll begin making your own individualized self-care routine.

Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. It promotes resilience, living longer, and better outcomes when managing stress. A big difference is self-care focuses on preventing you burning out or breaking down. Ideally it is less reactive which can be called "after-care" or when you already are feeling overwhelmed and need to de-stress or detach.

Start by reflecting on these questions:

1. Why are you wanting to create more self care in your routine?
2. List some of the areas, values, or types of self-care you would like to build in
 - Circle some of these or add your own:
 - Physical
 - Social
 - Emotional
 - Mental
 - Personal
 - Creative
 - Cultural
 - Spiritual
 - Responsibility/Practical
 - Intellectual
 - Fun/Hobbies
 - Growth
 - Doing absolutely nothing
 - Home environment (space around us)
3. How do you see or create opportunities to see these parts ourselves?
4. What are some of the obstacles for you incorporating some of these?
 - a. Start small at first and pick only one or two a day.
 - b. Create reminders or sandwich it between two things you do consistently
 - c. If you find yourself comparing, falling into perfectionism, or procrastinating check in with yourself.
 - d. Give yourself affirmations and recognition after completing.

