

## Self-Care Planner

### What is Self-Care?

Self-care includes small, intentional actions that support your wellbeing and help you cope during stressful times. It looks different for everyone, so this worksheet will help you identify what works best for you.

### What helps me feel better when I'm struggling?

Think about what has helped you feel calmer or more at ease.

Activities that help me relax (e.g., reading, walking, listening to music):

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Things that bring me joy (e.g., hobbies, spending time with others):

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### My Personal Self-Care

Physical (e.g., sleep, movement, nutrition):

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Emotional (e.g., journaling, talking to someone):

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Social (e.g., spending time with others, setting boundaries):

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Relaxation (e.g., quiet time, hobbies):

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**Making it realistic**

One small self-care action I can take today:

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Something I can do this week:

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