**Self-Care Strategies Worksheet**



**Value yourself:**

I will value myself by committing to assessing my self-care strategies regularly.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature Date

**Refocus on the rewards:**

Rewards of my studies include: 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Minding your body and taking care of your physical self**:

I will take care of my physical and emotional self in the following ways (*check* all those that apply):

\_\_getting sufficient sleep

\_\_spending time outside in nature

\_\_exercising

\_\_meditating

\_\_seeking healthcare as needed

\_\_eating well

\_\_acknowledging physical needs (hunger, fatigue, etc.)

\_\_practicing gratitude

**Fostering Competent Community/Nurturance (*Who has my back?*):**

I will give nurturance in my life by caring for the following people:

­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I will receive nurturance in my life by accepting the care from:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Create a flourishing environment:**

When I return to my work setting, I will enhance my environment by bringing the following into my physical space (*check* all that apply):

\_\_fresh flowers

\_\_an inspiring quotation

\_\_a meaningful piece of art

\_\_a photo that brings me joy

\_\_music

\_\_comfortable chair

\_\_an object that has special meaning for me

\_\_Other?

**Cultivate spirituality and mission:**

I see my life and my work as having meaning and purpose. Three words that guide (or I want to guide) the way I lead my life are:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Engage in cultural self-renewal:**

This month, I will connect/reconnect with my cultural heritage by (*circle* all that apply):

\_\_reading

\_\_going to a festival/holiday

\_\_listening to music \_\_cooking

\_\_connecting with a family member \_\_chatting with an old friend

\_\_other?

**Foster creativity and growth (diversify):**

Two (or more) new things I will try this month are:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

~Adapted from: Norcross, J. C. & Guy, J. D. (2007). *Leaving it at the office: Psychotherapist self-care.* (New York: Guilford Press)