

TAKE CARE OF YOURSELF

WHAT IS SELF CARE?

Self care is the activities we do daily to care for ourselves so that we can care for others. Doing self care activities **EACH DAY** helps us build a strong foundation of good mental health and can keep our stress levels low. Self care is especially important when we are stressed, facing a challenge, or when times are hard.

Here are some examples of daily self care activities:

- Move your body
- Get enough sleep
- Drink enough water
- Ask for help when you need it
- Take deep breaths
- Take your medicine as prescribed
- Eat a rainbow of fruits and vegetables
- Do something you love
- Connect with your support people and your sense of purpose
- Notice how you feel throughout the day
- Practice coping skills

WRITE ABOUT IT:

List three activities that are most important to your self care right now.

1.








2.

3.

SELF CARE TIPS TO HELP YOU FOLLOW THROUGH:

- Focus on one or two activities to begin with
- Schedule out your self care activities
(Post-it notes, set an alarm, put in on your calendar, etc.)
- Ask a friend to support you or join you

HERE IS AN EXAMPLE OF SCHEDULING OUT YOUR ACTIVITIES IN A CALENDAR:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ride my bike for 30 mins.	Get 8 hours of sleep.	Eat 5 servings of fruits and veggies.	20 mins of yoga in the morning.	Call my best friend to talk.	Create art for one hour.	Drink 10 glasses of water.
						

REFLECT:

1. What are the one or two things that I am going to focus on this week?

2. How are you going to make sure you're following through with your self care activities? (check all that apply)

- Post-it note Set an alarm
- Put them on my calendar Other? _____

3. Who can support you?

CHALLENGE:

Use this calendar to schedule and track the self care activities you do each day throughout the month!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4							



This handout is a partnership between the La Crosse Area Family YMCA and Better Together.