



SELF-CARE WORKSHEET



WHAT DOES SELF-CARE MEAN TO YOU?

HOW DOES SELF-CARE IMPROVE YOUR MENTAL HEALTH?

LIST 2-3 STRATEGIES TO INCORPORATE INTO YOUR ROUTINE FOR SELF-CARE:

- -----
- -----
- -----

WHO WILL YOU LEAN ON? WHO IS IN YOUR SUPPORT SYSTEM?

NURTURING YOUR BODY, ENVIRONMENT, RELATIONSHIPS, AND SPIRIT ARE VITAL TO MAINTAINING GOOD HEALTH AND WELLNESS. SELF-CARE IS A KEY FACTOR IN HAVING THE STRENGTH AND MOTIVATION TO CONTINUE TO GIVE TO OTHERS.

