

Time for You

When you take care of yourself, you make it possible to put your best foot forward every day. You cannot do good work or be your best self if you have nothing left to give.

No matter your schedule, there are always choices you can make to care for yourself. Don't wait until your body and mind tell you it's overdue; create a plan to make self-care a consistent practice as important as any other obligation in your day.

<p>01</p> <p>Physical</p> <p>Support your physical health through nutrition, movement, rest, and routine checkups.</p>	<p>02</p> <p>Emotional</p> <p>Observe your emotions and well-being; tap into your feelings and nurture your willingness to feel them.</p>	<p>03</p> <p>Spiritual</p> <p>Take care of your "soul." Connect with your true self. Can be part of but not exclusive to religion or cultural tradition.</p>	<p>04</p> <p>Professional</p> <p>Adopt practices for healthy work-life balance. This includes setting boundaries, supportive routines, or rest periods.</p>
<p>05</p> <p>Social</p> <p>Nurture supportive networks and relationships. Can include new relationships & fostering existing relationships.</p>	<p>06</p> <p>Environmental</p> <p>Minimize waste, and maintain an organized and tidy space. Can also include practices for taking care of the earth.</p>	<p>07</p> <p>Safety</p> <p>Prioritize safety and security, including financial safety and supportive employment.</p>	<p>08</p> <p>Psychological</p> <p>Reduce stress and relax your mind. This might be calming activities or removing stressful tasks.</p>

Do you participate in self-care? How could practicing self-care help you in your daily life?

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MAINTAIN

Name one activity or habit you want to/should keep doing.

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ELIMINATE

What causes you stress or wears you down? List one thing to stop doing.

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BRAINSTORM

Think of new ideas for self-care, whether you have the time for it now or not. Don't hold back.

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MAKE IT HAPPEN

Choose one of the ideas from above. What's one thing you can try this week?

GOAL M T W T F S S RESULT

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