**Self-Care Worksheet**

Self-care is the act of taking care of yourself. Establishing self-care habits that work for YOU are an important part of living a healthy and happy life.

**1. List the self-care habits you are using now to manage stress and stay healthy:**

*Example: I get at least 8 hours of sleep each night.*

**I . . .**

a.

b.

c.

**2. List the self-care habits you would like to use, but are not currently practicing:**

*Example: I want to take a regular yoga class.*

**I want to . . .**

a.

b.

c.

**3. Identify the obstacles keeping you from practicing these habits:**

*Example: I am not taking a yoga class now because I feel like I don’t have the time and I think it might be too expensive.*

**I am not \_\_\_\_\_\_\_\_\_\_\_\_\_ because . . .**

a.

b.

c.

**4. What solutions can you come up with to address the obstacles you listed?**

*Example: I could look for discounted or free yoga classes. I could free up time for myself by cutting back on my volunteer work, asking my neighbor to watch my children after school once a week, and sharing the cooking responsibilities with my family.*

**I could . . .**

a.

b.

c.

**5. Take a moment to reread the self-care habits you wrote down for item 2. Select one of the *habits you would like to begin practicing and complete the sentences below.***

*Example: Today, I commit to taking a weekly yoga class. I want to do this because I want to improve my flexibility, learn a new skill, and have some time for myself each week. I will accomplish this by finding and enrolling in a free or low-cost class and by easing up on my commitments and asking for help from others.*

**Today, I commit to . . .**

**I want to do this because . . .**

**I will accomplish this by. . .**