

# my self-care ideas worksheet

Brainstorm ways you can expand on these key areas of self-care.

How can I work a mental break into my everyday schedule?

What resources can help me recharge or focus on my own needs? (Ie books, videos, worksheets, etc.)

What's one small step I can take to improve my physical health (walk further today, pick up fresh veggies)?

What are ways I can notice and recognize my feelings as well as my surroundings (mindfulness, meditation)?

What's one way I can socialize a bit more, or be around safe people?

What's one way I can cultivate more purpose or higher meaning in my life?

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