

Self-Care Commitment

I _____ agree to:

- Challenge my negative self-talk
- Self-validate and encourage myself
- Practice self-compassion and speak to myself like a friend
- Listen to my body and meet my needs
- Become assertive
- Enjoy myself
- Show up as my authentic self in relationships
- Prioritize my needs and wellbeing
- Ask for what I need
- Become aware of my self-sabotaging behaviors
- Allow myself to feel my emotions and honor them
- Acknowledge and address the impact of my past
- Seek help when I sense that I'm struggling

Signed, _____

Self-Care Journaling Prompts

Identify Your Misconceptions About Self-Care

1. Which of these common misconceptions about self-care do you believe?

Self-care is:

- selfish
- a waste of time
- lazy
- not important
- time-consuming
- a sign of failure
- weak
- expensive
- a reward I need to earn
- just for women

2. How do your misconceptions about self-care make it difficult for you to take care of yourself?

Challenge You Negative Beliefs About Self-Care

When you believe that self-care is selfish, or a waste of time, or wrong in general, you may end up feeling guilty when you engage in it.

1. List a specific self-care activity you know you need but feel guilty about.

2. What would you tell a friend in the same situation experiencing the same feeling of guilt? Would you be understanding and supportive? Or would you say it's selfish or a waste of time?

Create a Self-Care Plan That Meets Your Unique Needs

Take a moment to answer the following question:

1. How do I feel right now? Name your feelings and try to be as descriptive as you can.

2. How does my body feel? Notice any tension, pain, temperature, heart rate, breathing, and so forth.

3. What do I need right now to bring myself back to wellness?

Some common human needs may include:

- food and water
- sleep
- physical activity or exercise
- rest or relaxation
- play or recreation
- safety (physical and emotional)
- belonging and social connection
- sense of purpose
- self-worth
- self-control
- self-expression
- connection to a higher power or something larger than yourself
- knowledge or understanding

Decide How Best To Meet Your Needs

The following are some examples to choose from and you can add some of your own:

- Go outside and enjoy nature
- Go for a walk
- Journal
- Have coffee with a friend
- Do a guided meditation
- Go to a religious service
- Watch the sunrise or sunset
- Read a good book
- Write yourself a love letter
- Talk to a therapist
- Eat a healthy meal
- Put on some music and dance
- Practice yoga
- Listen to a podcast
- Practice deep breathing
- Call a loved one
- Play with your pet
- Watch a funny youtube video
- Bike ride
- Light a scented candle or diffuse essential oils

Need	Self-Care Activities

Give Yourself Permission

Use the following statement:

I give myself permission to.....(self-care activity) as a way of taking care of.....(need)
