



SELF-CARE WORKSHEET

What can you do to give yourself a break? In each box write something you can do to care for yourself when you are feeling stressed or disconnected from yourself. Self-care can be physical like taking a walk or gardening, personal like journaling or reading, spiritual like spending time in nature, or something community based like seeing a movie, with friends or spending time with family.

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” --Audre Lorde