

SELF-CARE:

the practice of taking action to preserve or improve one's own health.

DO YOU KNOW WHAT YOU NEED OR WHO YOU ARE?

What are your core pieces of identity? (If unsure, complete the identity worksheet for ideas.)

Do you remember what you need?

What brings you joy or is life-giving?

Who are your people? Who is happy to be with you?

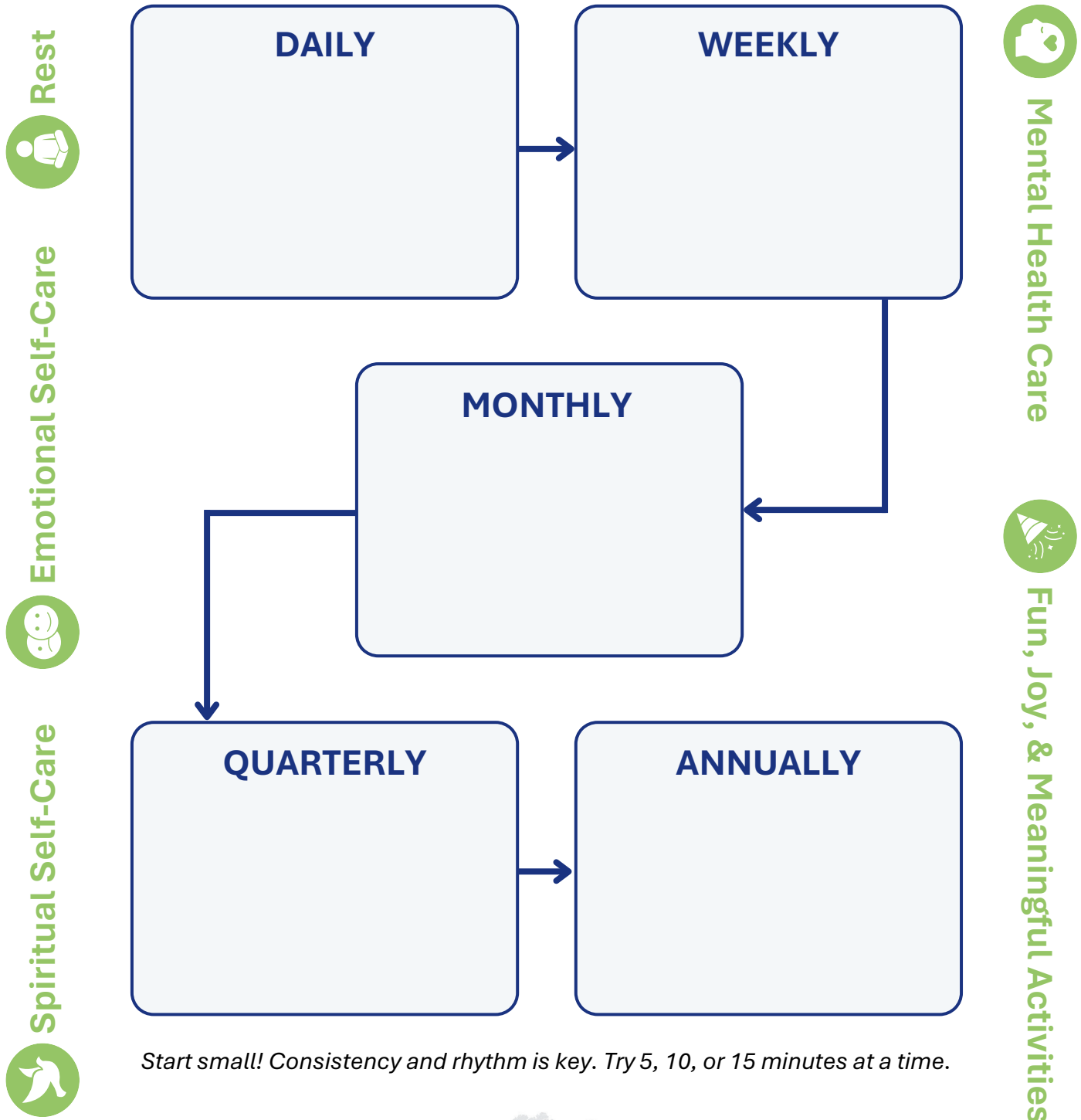
How are your relationships? Community?

Do you have a rhythm of rest?

THINK ABOUT FULFILLING YOUR NEEDS:

- What do I like?
- What brings me joy?
- What energizes me?
- Where do I have peace?
- What is relaxing to me?

- What would I enjoy doing alone?
- What would I enjoy doing with a friend?
- What would I enjoy doing with a spouse?
- What did I *used* to enjoy? Do I still like that? Why or why not?



Start small! Consistency and rhythm is key. Try 5, 10, or 15 minutes at a time.