

My Self-Care Menu

"Do something today that your future self will thank you for."

~ Sean Patrick Flanery

Things that bring me joy:

1. _____
2. _____
3. _____
4. _____
5. _____

How I enjoy moving my body:

1. _____
2. _____
3. _____
4. _____
5. _____

Movies or TV shows that make me laugh or feel calm:

1. _____
2. _____
3. _____
4. _____
5. _____

Songs that boost my mood or help me relax:

1. _____
2. _____
3. _____
4. _____
5. _____

My Self-Care Menu

"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life."

~ *Christopher Germer, Ph.D.*

Ways I can show myself kindness:

1. _____
2. _____
3. _____
4. _____
5. _____

People that make my heart happy:

1. _____
2. _____
3. _____
4. _____
5. _____

Things that I'm grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Things that help me relax before bedtime:

1. _____
2. _____
3. _____
4. _____
5. _____

Self-Care Menu Ideas

PHYSICAL SELF-CARE:

- Get 7-9 hours of sleep per night
- Move your body (e.g. Yoga, Tai Chi, workout video)
- Dance + sing to your favorite song
- Take a walk outside
- Stay hydrated
- Eat regular meals and snacks
- Mindfully eat comfort food
- Follow up with your medical providers as scheduled

ENVIRONMENTAL SELF-CARE:

- Tidy or organize
- Create a donate pile
- Decorate your home
- Light a candle
- Himalayan salt lamp
- Add plants to your living space
- Hang up a piece of art
- Try a diffuser

OCCUPATIONAL SELF-CARE:

- Organize your to-do list
- Set boundaries between home and work
- Focus on projects that energize you
- Set an intention for the workday based on your core values
- Do something generous for your co-worker

SPIRITUAL SELF-CARE:

- Connect to a higher power regardless of religion, this can be your wisest self
- Pray
- Meditate
- Read spiritual or self-help literature
- Talk to loved ones or spiritual leaders about your spiritual questions and beliefs

EMOTIONAL:

- Creative writing, journaling
- Try an optimism writing prompt
- Send a letter or email of gratitude
- Donate to a charity organization
- Coloring, painting, arts + crafts
- Listen to or write music
- Snuggle with loved ones, pets, cozy blankets
- Meditation app
- Watch a funny movie or comedy special
- Spend time in nature
- Drink hot cocoa or tea
- Do a face mask or put on lovely smelling lotion
- Take a bath and add essential oils
- Follow inspiring social media accounts
- Visualize your goals and dreams
- Write down your strengths
- Say positive affirmations or mantras
- Share your feelings
- Ask for help
- Unplug from devices
- Perform a random act of kindness for yourself
- Perform a random act of kindness for someone else

RELATIONAL SELF-CARE:

- Reach out to a loved one
- Tell a loved one why you appreciate them
- Text a picture of a happy memory to a friend
- Write a handwritten letter to a friend
- Date night

INTELLECTUAL SELF-CARE:

- Read
- Listen to a podcast
- Watch a documentary, movie, or TV show
- Do a puzzle