

The xax Edit

Your Personal Self-Care Template



You are worthy.

You are strong.

You are capable.

What is self-care?

“Self Care is the actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness”

How much self care have you done recently?

When was the last time you took a moment for yourself or did something to improve your wellbeing?

If the answer is ‘I can’t remember’ or ‘not enough’ this guide is for you!

Print this template or write your answers on a notepad and go through each section one at a time.

In order to benefit from a healthy level of self-care it’s something we need to do regularly and remind ourselves of too.

We always start with good intentions but with the stresses of everyday life it can be easy to slip back into our old ways.

This template will help you find your way towards a level of self care that helps you.

First Steps

We’re going to start by assessing the level of self care we have now, where we would like to be, and what might get in our way.

Where I am Right Now

What do you do right now to help your wellbeing?

Pampering?

Exercise?

Journaling?



Where I want to be

Is there anything you don't do currently that you would like to do to in order to improve your wellbeing?

Anything you feel that would help or that you might enjoy?

My Barriers

Is there anything in your life that may be stopping you from achieving a healthy level of well being and the self-care routine you'd like?

Time?

Commitments?

Self Doubt?

Different Types of Self-Care

In this template we're going to break our self-care plan into three different aspects of wellbeing: Physical, Emotional and Psychological.

Self-care is incredibly personal. What might work for you, may not work for other people and vice versa. Examples in this template are simply there to spark thought and help you get started with things that might help.

It's important to really think about each section and think of positive and achievable steps that will help your own personal wellbeing.



Physical

These are physical activities that help you stay and feel fit & healthy.

What could you add to your self-care plan in order to help improve your physical wellbeing?

Examples: *A regular sleep routine, an attainable exercise routine, a balanced diet*

Emotional

As humans we have a multitude of emotions we're able to feel and it's important to allow ourselves to feel all of them.

What could you add to your self-care plan in order to help improve your emotional wellbeing and experience that range of emotions?

Examples: *A new hobby, meeting up with friends and family, talking to friends about how you feel*

Psychological

Psychological wellbeing activities enable you to clear your mind and 'de-clutter' that mental space.

What could you add to your self-care plan in order to help improve your psychological well being?

Examples: *Yoga, limiting phone time, reading a book*



Create Your Plan

Now we've broken down some different aspects of wellbeing it's time to put these ideas together.

On the next page you will have space to create your own self-care plan.

From each category (physical, emotional and psychological) select at least one activity you've written down and make a plan on how you can make that activity a reality in your own self-care routine.

Keep your self-care plan in a place where you can see it to remind yourself of what you'd like to be doing and where you'd like to be.

If you feel comfortable you can share your self-care plan with your friends and family so they can help you or join in with you on some activities!

Take account of how you're getting on after a month and how you're feeling with your new plan in place. New habits take time to form so be realistic and patient with yourself.

After three months, do the exercises in this template again and see what's changed.

My Self-Care Plan

Physical

Activity:

How does this fit into my plan (*when will I do this and how often*):

How can I make this happen?

What might stand in my way?

What can I do to overcome this?

Emotional

Activity:

How does this fit into my plan (*when will I do this and how often*):

How can I make this happen?

What might stand in my way?

What can I do to overcome this?

Psychological

Activity:

How does this fit into my plan (*when will I do this and how often*):

How can I make this happen?

What might stand in my way?

What can I do to overcome this?



Disclaimer

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