

Self-Care Workbook

Name:

Date:

Mental Health Practitioner:

My Information

Name:

Date of birth:

Emergency Contact:

Personal goals for this self-care workbook:

Self-care to me is:

6 months from now, I plan to:

PHYSICAL SELF-CARE

Physical self-care is an important aspect of your overall wellbeing. In this section, you may want to describe how you're feeling physically and if there are activities you wish to try correlating to self-care.

I am feeling _____ about my current physical self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Use this page to brainstorm your ideas about self-care related to your physical needs.

A large, empty rectangular box with a thin black border, occupying most of the page below the instruction. It is intended for the user to write or draw their brainstormed ideas about self-care related to physical needs.

MENTAL & EMOTIONAL SELF-CARE

Your mental and emotional self-care practices are an important aspect of your overall wellbeing. In this section, you may want to describe how you're feeling mentally and if there are activities you wish to try correlating to self-care.

I am feeling _____ about my current mental and emotional self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Use this page to brainstorm your ideas about self-care related to your mental and emotional needs.

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SOCIAL SELF-CARE

Social self-care is an important aspect of your overall wellbeing. In this section, you may want to describe how you're feeling socially and in relation to others and if there are activities you wish to try correlating to self-care.

I am feeling _____ about my current social self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Use this page to brainstorm your ideas about self-care related to your physical needs.

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SPIRITUAL SELF-CARE

Taking care of your spiritual self is an important aspect of your overall wellbeing. In this section, you may want to describe how you're feeling spiritually and if there are activities you wish to try correlating to self-care.

I am feeling _____ about my current spiritual self-care status.

I want to improve on:

My plan for this is:

I want to improve on:

My plan for this is:

Use this page to brainstorm your ideas about self-care related to your physical needs.

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Additional Notes