



# Post Month Self-Care Reflection Worksheet



What new activities have you added to your list of self-care in the past month?	
Physical Activities	
Mental Activities	
Emotional Activities	
Behavioral/ Lifestyle Activities	
Social Activities	
Meaning/ Nature Activities	

**What has been the impact of paying closer attention to your stress?**

**What did you notice about taking time for the small moments to restore yourself?**

### Self-Care Goals

**What new self-care goals or activities would you like to try or commit to in the future?**

Small or large, the goals that we write down and commit to are the ones most likely fulfilled. Take a risk and set a goal!



## Dimensions of Wellness Stress Relief Activities List

### *Physical*

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- Go for a short brisk walk
- Take a deep breath
- Attend a relaxation session
- Try yoga
- Dance
- Stretch
- Go for a bike ride
- Don't skip sleep to get things done
- Take a nap
- Regular Medical Care
- Eat healthy
- Take Time Off
- Acupuncture
- Take a vacation
- Try a Staycation
- muscle relaxation
- Breathing exercises
- Go for a jog
- Do a craft project
- Walk your dogs
- Exercise
- Tai Chi
- Qi gong
- Play with a pet
- Sweat out tension with a good workout
- Get a manicure
- Bake
- Avoid tight clothes
- Cook your favorite dish or meal
- Cook a recipe that you've never tried before
- Go get a haircut
- Go to the movies
- Go for a swim
- Go to a sporting event, like a baseball game
- Go borrow a friend's dog and take it to the park
- Lift weights
- Give your pet a bath
- Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things
- Go to your local playground and join a game being played or watch a game
- Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall
- Paint your nails
- Trim your nails
- Change your hair color
- Sing or learn how to sing
- Play a musical instrument or learn how to play one
- Draw a picture
- Paint a picture with a brush or your fingers
- Drink plenty of water
- Get rest
- Canning
- Pay attention to your breathing

- Get enough sleep
- Snuggle under a cozy blanket
- Take a hot shower
- Get a massage
- Cuddle with a pet
- Kiss
- Get a hot stone massage
- Snuggling with your animals
- Ask a friend for a hug
- Pet a dog/cat
- Take a bubble bath
- Enjoy a glass of wine
- Eat chocolate (it's good for you!) or eat something else you really like

- Eat your favorite ice cream
- Savor a warm cup of coffee or tea
- Burn a scented candle
- Put air freshener in your car
- Book an aromatherapy session
- Bake cookies and let the smell roam your home
- Boil orange slices, water and cinnamon to enhance the smell in your home
- Turn on some loud music and dance
- Make a movie or video
- Take photographs
- Get out of your house, even if you just sit outside

### ***Mental***

- Clean out a junk drawer or a closet
- Take action (one small step) on something you've been avoiding
- Try a new activity
- Drive to a new place
- Immerse yourself in a crossword puzzle.
- Do a word search
- Learn how to say no
- Break down large tasks
- Look at problems as challenges
- Look at challenges differently
- Be aware of your decisions
- Look for the silver lining
- Make goals
- Strive for excellence, not perfection
- Stretch your limits
- Have a plan "B"
- Set priorities
- Turn off all electronics
- Organizing/De-cluttering
- Plan short term goals

- Plan long term goals
- Make a Vision Board
- creating a comfortable house that truly is my home
- Get organized
- Strive for good enough, not perfection
- Remember stress is an attitude
- Remember your options
- Sign up for a class that excites you at a local college, adult school or online
- Educate yourself on you loved one's condition
- Watch a ballet
- Watch a comedy program
- Watch a movie
- Watch television
- Listening to music
- Listen to the Radio
- Whistle a tune
- Music therapy
- Enjoy art
- Leave work at work

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- Learn something new
- Play solitaire
- Play video games
- Visit your favorite Web sites
- Go shopping
- Do a puzzle with a lot of pieces
- Sell something you don't want
- Create your own Web site
- Knit, crochet, or sew—learn how to
- Make a scrapbook with pictures
- Work on your car, truck, motorcycle or bicycle
- Write a poem, story, movie or play
- Go for a drive in your car or go for a ride on public transportation
- Go to a library
- Learn a new language
- Write a song
- Memorize lines from your favorite movie, play or song
- Read something on a topic you wouldn't normally

- Read your favorite book, magazine or newspaper
- Go to a bookstore and read
- Hum a jingle
- Doodle
- Learn a joke
- Learn a new song
- Go to the mall or the park and watch other people; try to imagine what they're thinking
- Use guided imagery
- Unclutter your life
- Develop a sense of humor
- Plan a trip to somewhere you've never been before
- Go to your favorite café for coffee or tea
- Visit a museum or local art gallery
- Build a support network
- Create your own list of self-care activities
- Sign up for respite

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### ***Emotional***

- Write your feelings down
- Cry
- Laugh
- Try laughter yoga
- Give yourself affirmations
- Practice self-compassion
- Buy yourself a gift
- Flirt
- Write about things that are bothering you
- Express anger when you need to.
- Seek Counseling
- Forgive others

- Learn to be with and accept your feelings
- Find a “vent” partner
- Be optimistic
- Laugh
- Let go of something
- Foster Self-Forgiveness
- Don't beat yourself up for negative thoughts
- Give yourself permission to feel your feelings and let them go
- Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset

- Make a list of ten things you're good at or like about yourself and keep it with you to read when you're feeling upset
- Recognize the importance of unconditional love
- Write things you like about yourself on paper

- Schedule "Me" time
- Take a mental health day
- Be gentle with yourself
- Give yourself a break
- Make a list of music you can play when you're feeling upset

### ***Behavioral***

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- Wake naturally; without an alarm clock
- Get up earlier
- Say "NO" more often
- Delegate some responsibilities
- If someone offers help take it
- Ask for help
- Set appointments
- Engage in small acts of kindness
- Break a bad habit
- Take Time for lunch
- Do not work overtime
- Use all available resources
- Slow down
- Smile

- Say something nice
- Remove yourself from a difficult situation
- Avoid negative people
- Do things in moderation
- Drive a different route to work
- Tell the person who is adding to your stress what they are doing that makes you feel this way.
- Know your limits
- Get help with jobs you dislike
- Get to work earlier
- Scream at a ball game

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### ***Social***

- Call the Caregiver Support Line
- Go on a lunch date with a good friend.
- Participating in a book club
- Joining a support group
- Volunteer work
- Call a good friend
- Talk to someone
- Meet a friend for coffee
- Teach someone a skill
- Have face-to-face conversations with people
- Say hello to a stranger
- Play with a child

- Go out and visit a friend
- Invite a friend to come to your home
- Text message your friends
- Organize a party
- Play a game with a friend
- Go online to chat
- Join an internet dating site
- Participate in a local theatre group
- Sing in a local choir
- Spend time with family
- Join a group
- Write a letter to a friend or family member

- Call a family member you haven't spoken to in a long time
- Go on a date

- Visit an Animal Shelter
- Praise others

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### *Meaning/Nature*

- Attend a religious service
- Light a candle
- Meditate
- Write in a journal
- Spend time in nature
- Pray
- List five things you're grateful for.
- Share your spiritual journey with loved ones, and invite them to discuss their journey with you.
- Name something good that happened today
- Look for grace
- Notice the little miracles
- Put yourself in the environment where you feel connected to God/Higher Power
- Find passion
- Remember what you love
- Recall a peaceful time and imagine actually being there
- Give yourself the assignment of being mindful for 1 day, 1 hour or 1 minute. Really be present. Observe yourself and the events around you and fully participate with your heart.
- Say Thank you
- Volunteer work
- Go to your church, synagogue, temple, or other place of worship
- Write a letter to your higher power
- Read inspiring quotes
- Practice Mindfulness
- Learn who you are

- Figure out what you want in life
- Reflect on what you are thankful for
- Talk to a member of the clergy
- Practice grace
- Work with a life coach
- Believe in yourself
- Make a list of ten things you would like to do before you die
- Write a letter to someone who has made your life better and tell them why ( you don't have to send the letter if you don't want to)
- Use guided meditation
- Sit outdoors by a fire-pit, watching the flames and listening to the night sounds
- Lie down where the afternoon sun streams in a window
- Go to a spa
- Eat a meal by candlelight
- Walk in the rain
- Lay in the grass
- Going places—getting a change of scenery
- Sit in front of a large body of water (like an ocean) day dreaming and/or praying.
- Do some yard work
- Raise chickens or another animal
- I find that sitting on my porch, with attention to nature helps.
- Plant a garden
- Go hiking
- Go for a walk in a park or someplace else that's peaceful

- Plant a tree
- Feed the birds
- Gathering flowers from my garden
- Appreciate Seasonal Changes
- Canoe
- Climb a tree
- Go Fishing
- Go hunting
- Look at the stars
- Stare up at the sky and make shapes out of the clouds
- Watch the sunrise
- Watch the sunset
- Go outside and watch the birds and other animals
- Listen to running water
- Listen to ocean waves or the sound of water
- Hang up a wind chime
- Breathe in fresh air
- Open your windows and let in fresh air
- Smell a flower
- Wiggle your bare feet in overgrown grass.
- Go to the local market
- Cook out
- Go on a picnic
- Be a tourist in your own city