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# SELF-CARE WORKBOOK

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# TABLE OF CONTENTS

INTRODUCTION ..... 03

ASSESSING YOURSELF ..... 04

SELF-CARE STRATEGIES ..... 05

SELF-CARE IN PRACTICE ..... 06

SEEKING SUPPORT ..... 07

CONCLUSION ..... 08



# INTRODUCTION

Self-care is all about taking care of yourself, physically, mentally, and emotionally. It's about doing things that make you feel good and help you stay balanced. This can include getting enough sleep, eating well, staying active, managing stress, and making time for hobbies and activities that bring you joy. Self-care is important because it helps us maintain our health and well-being and deal with the challenges of everyday life. It's not just about fixing problems when they come up, but actively taking steps to prevent them in the first place. Here are a few reasons why self-care is so crucial:

**Physical health:** When we take care of our physical health through practices like exercise, restful sleep, and proper nutrition, we feel better overall and are able to maintain our overall wellness.

**Mental health:** Engaging in self-care practices such as meditation, mindfulness techniques, and stress management can have a positive impact on our mental well-being. By prioritizing these activities, we lower the risk of developing issues like anxiety or depression.

Take some time for yourself today – you deserve it!



# ASSESSING YOURSELF

## Physical Self Care

	Y	N
Got Enough Sleep	<input type="radio"/>	<input type="radio"/>
Eat healthy	<input type="radio"/>	<input type="radio"/>
Balanced Diet	<input type="radio"/>	<input type="radio"/>
Get Regular Exercise	<input type="radio"/>	<input type="radio"/>
See a Healthcare Provider when needed	<input type="radio"/>	<input type="radio"/>

NOTE:

## Mental Self Care

	Y	N
Take time to relax	<input type="radio"/>	<input type="radio"/>
Joy and Fulfillment in activities	<input type="radio"/>	<input type="radio"/>
Support System	<input type="radio"/>	<input type="radio"/>
Practice Mindfulness	<input type="radio"/>	<input type="radio"/>
Stay present in the moment	<input type="radio"/>	<input type="radio"/>

NOTE:

## Social Self Care

	Y	N
Strong and Supportive Relationship with friends and family	<input type="radio"/>	<input type="radio"/>
Make time for social activity	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Say no when necessary	<input type="radio"/>	<input type="radio"/>

NOTE:

## Spiritual Self Care

	Y	N
Have a sense of purpose and meaning in your life	<input type="radio"/>	<input type="radio"/>
Practice self-reflection and mindfulness	<input type="radio"/>	<input type="radio"/>
Have a sense of connection to something larger than yourself	<input type="radio"/>	<input type="radio"/>

NOTE:

# SELF-CARE STRATEGIES

Planning is tough when you're feeling overwhelmed or going through a crisis. But, if you can plan for challenges before they hit, it's gonna make a world of difference. You'll have a better idea of what to do and how to recharge yourself. And hey, don't forget about taking care of yourself every day, even in little ways. It sets you up for success when things get tough or unexpected stuff comes your way. So go ahead and prioritize self-care!

**THINGS I CAN DO EACH DAY  
THAT WILL MAKE ME FEEL  
GOOD ABOUT MYSELF**

**WHAT I SHOULD SAY TO  
MYSELF WHEN I AM HAVING  
A DIFFICULT TIME**

**WHAT I SHOULD AVOID  
DOING WHEN I AM HAVING  
A HARD DAY**

**WHAT I CAN DO (THAT IS  
GOOD FOR ME) WHEN I FEEL  
OVERWHELMED OR UPSET**



# SELF-CARE IN PRACTICE

You can incorporate stress management into your daily and weekly routines. Research has shown that things like relaxation skills, food choices, physical activity, and spirituality/connection can all have an impact on your health and well-being. Take a second to write down some options that resonate with you and align with your values, priorities, resources, and lifestyle.

**RELAXATION PRACTICE**

**DIFFICULT FOR ME**

**FOOD CHOICES**

**DIFFICULT FOR ME**

**PHYSICAL ACTIVITY**

**DIFFICULT FOR ME**

**CONNECTION/  
SPIRITUALITY**

**DIFFICULT FOR ME**



# SEEKING SUPPORT

When you're feeling overwhelmed or struggling with your mental or emotional well-being, it's important to reach out for support. There are various avenues you can explore to find the help you need:

**Open up to a trusted loved one:** Sharing your feelings with a close friend or family member can provide valuable support. They can lend an ear, offer guidance, and be there for you whenever you need someone to lean on.

**Consult a therapist:** A therapist creates a safe and nurturing environment for you to work through your emotions and overcome challenges. You can locate therapists in your locality by searching online directories or reaching out to your insurance provider.

**Participate in a support group:** Support groups present an opportunity to connect with individuals facing similar experiences. By joining these groups (which can be found through local organizations or online searches), you gain access to empathy, understanding, and encouragement.

**Contact a helpline:** Numerous helplines are available that offer both support and resources if you find yourself overwhelmed or grappling with mental health concerns.

Remember that seeking assistance when needed is perfectly okay. It demonstrates courage and plays a crucial role in self-care.



# CONCLUSION

Taking care of yourself is crucial for your overall well-being. It's important to prioritize your physical, mental, and emotional needs and find ways to unwind and relax. There are various strategies you can try for self-care, including getting sufficient rest, staying active through regular exercise, practicing mindfulness, and engaging in activities that bring you happiness. Seeking support from loved ones, therapists, or support groups is also vital. By consistently integrating self-care into your daily routine and seeking assistance when necessary, you can enhance your overall well-being and experience a greater sense of fulfillment. Remain hopeful and remember that taking care of yourself is a worthy investment in your own happiness.



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TAKE  
TIME for  
your  
SELF

*Get in touch*



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