Self Care Worksheet

Name	Date
Siobhan Bhana	02/04/2023

Self-Care Area	One thing I most want to improve	Plan for improving this area of my self-care
Physical	Get enough sleep	Avoid screens for one hour before bed time. Go to bed at the same time every night and wake up at the same time every morning.
Psychological/ Emotional	Do something comforting	Add having a relaxing bath to my evening routine
Personal/ Social	Keep in touch with old friends	Message two of my old friends from high-school and check-in with them.
Spiritual	Spend time in nature	Schedule walks in my area for every other weekend
Professional	Make my workspace comfortable	Bring some comforting items from home