

THINKING ABOUT SELF-CARE

Good self-care is very important and can lead to a more positive, healthy, and productive life. Listed below are three exercises to get you thinking about your own self-care.

Relaxation, Happiness, & Health

This exercise asks you to think about activities and situations in which you feel most relaxed, happy, and healthy.

List Activities/Situations when you feel most RELAXED AND STRESS-FREE
(when you feel most calm within your body and mind).

List Activities/Situations when you feel most HAPPY *(when you laugh, have fun, feel energized, feel satisfied).*

List Activities/Situations when you feel most HEALTHY *(in various ways-physically, emotionally, socially, intellectually, spiritually, etc.).* *Note:* Being healthy means different things to different people. ‘Physical health’ might represent having the capacity to walk around the block for one person versus run a 10K for someone else. ‘Intellectual health’ may involve pursuing a college education versus reading novels or writing poetry. ‘Spiritual health’ might involve attending church, meditating, allowing time for prayer, hiking in nature, volunteering, or exhibiting other prosocial acts. What represents “healthy” within these domains depends on the individual person.

Keeping Life in Balance

Part of good self-care is having balance in life. Too much or too little of certain things can lead to an unhealthy lifestyle. Take a moment to think about what you spend your time doing each day (hours per day or per week) and figure out whether you need to make changes in order to have a healthier balance.

What you do NOW

What you want to do in the Future (for a Healthier Balance)

Sleeping _____

Exercising _____

Attending School _____

Studying/Homework _____

Sports/Clubs _____

Job/Work _____

Time with Family _____

Time with Friends _____

Time with Romantic Partner _____

Time with Prosocial People _____

Alone Time _____

Spiritual Time _____

Reading _____

Watching TV _____

Playing Video Games _____

Phone/Text/Internet _____

Pursing Passions/Hobbies _____

Taking Vacations _____

Eating Healthy _____

Alcohol/Drug Use _____

Prosocial Acts (Helping Others) _____

Other Activities _____

Support System: Giving & Receiving Support

Having a good support system is an essential part of self-care. Our support system often includes family members, friends, teachers, counselors, and others. Make a list of people in your life that you *receive support* from, as well as people you *give support* to in good and bad times.

Who are the people you RECEIVE SUPPORT FROM in good and bad times?

NOTE: If you have people in your life who are a good support to you, let them know you appreciate them. If you feel you need a stronger support system (i.e., additional people who are stable and supportive), brainstorm about who these people might be and how to include them in your life.

Who are the people you GIVE SUPPORT TO in good and bad times?

NOTE: An important component of social connections is not only receiving support from others but also giving support to others (a healthy support system for adolescents and adults requires reciprocal support--giving and receiving). However, if you have people in your life who require an excessive amount of support from you, then setting clear boundaries may be required to ensure good self-care.