

Looking After Yourself (Self-Care)

Continued

3 = I do this well (e.g. frequently)

2 = I do this OK (e.g. occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Emotional Self-Care

- Spend time with others whose company I Enjoy
- Stay in contact with important people in my Life
- Give myself affirmations, praise myself
- Love myself
- Re-read favourite books
- re-view favourite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to cry
- Find things that make me laugh
- Express my outrage in social action, letters, donations, marches, protests
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community Be open to inspiration
- Cherish my optimism and hope
- Be aware of non- material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to me and notice its place in my life
- Meditate/ Pray
- Sing
- Have experiences of awe
- Contribute to causes in which I believe
- Read inspirational literature or listen to inspirational talks/ music
- Other: