

Worksheet

Self-Care Shield

Before you can develop your self-care plan, take a moment to list the ways you are currently taking care of yourself. Below is your self-care shield. This shield will help protect you from the day to day stress.

Often times we only turn to our self-care routines when we are about to burn out. Incorporating self-care into your daily routine will help you be able to handle stressful situations as they arise and prevent burn out.

Step 1: List quick activities you can do daily on your self-care shield under the “things that I do to take care of myself on a daily basis.”

Even with your daily self-care routine, some days can be tough and it is important to commit to self-care in those moments.

Step 2: List activities you can do to whenever you are having a difficult day under the “things I do to take care of myself when I’m feeling down.”

Step 3: Reaching out to supportive people in your life that you trust that will give you space to vent or give you helpful advice is important. List your self-care team under “people I can talk to when I’m feeling down.” Your self-care team can be family members, friends, mentors, etc.

Some days you need to take a moment to remind yourself of all the beautiful qualities about yourself.

Step 4: List things you have accomplished that are you proud of under the “things I’m proud of” section.

Step 5: List qualities about yourself that you admire under “things I like about myself.”

Step 6: List simple things that make you happy under “things that make me happy to think about.”

Things I do to take care of myself on a regular basis:

Things I do to take care of myself when I'm feeling down:

Things I'm proud of:

Things I like about myself:

People I can talk to when I'm feeling down:

Things that make me happy to think about: