



## Well Powered Living 2.0

### *Self-Care*

**I. 5 Types of Self-care**

- a. Physical
- b. Social
- c. Mental
- d. Spiritual
- e. Emotional

**Activity 1:**

For each type, write one thing you can do now. In the last box, write one question you can ask yourself to ensure you are consistent with your care.

Self-care Type	I can do this one thing for myself	Self-check questions
Physical		
Social		
Mental		
Spiritual		



Self-care Type	I can do this one thing for myself	Self-check questions
Emotional		

**II. Strategies for self-care**

- a. Know what you need and actively plan for it
- b. Set clear boundaries
- c. Give energy to things that matter
- d. Disengage from people or events that drain you
- e. Eat nutritious meals
- f. Exercise in ways that you enjoy
- g. Get enough sleep
- h. Laugh
- i. Spend time with loved ones
- j. Follow up on your mental and physical health

**Activity 2: Emotional Self Discovery**

In the first column, write down an emotion that you feel often

In the second column, interpret what that emotion is telling you.

In the third column, write down one thing you can do to help prevent that emotion from taking control

Example

When I feel	It means	I need
exhausted	I have given more than I have	To set a boundary



When I feel	It means	I need

**III. Summary:**

- a. Self-care refuels us
- b. Self-care can look different for different people
- c. It is important to know exactly what you need
- d. Have a plan for your self-care

**Self-care Ritual:**

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