

LEARNING TO CARE FOR MYSELF

As we grow older we become more independent, and with this independence comes the responsibility to begin taking care of ourselves, a skill we will need to upkeep for the rest of our lives. In this word we are given one person to be responsible for, and that person is ourselves. For the people that we love in our lives, it is important that we take care of ourselves first so that we can have enough to give to others.

If we are “pouring from an empty cup” how can we help or be there for anyone around us? This metaphor means that you cannot give anything to anyone when you’re burnt out or exhausted emotionally or physically. When you make sure to take care of yourself you’ll be able to help others around you.

It is our responsibility to understand what makes us happy, sad, and angry, as well as caring and essentially loving ourselves too. What this means is that we must listen to our bodies energy levels, our emotional and physical state, and how we set boundaries around these things.

Filling My
BUCKET

__/_/_/____
S M T W T H F S

What have I done today to fill my bucket?

My energy level:


My
SELF-CARE
Habits

__/_/_/____
S M T W T H F S

How much water have I drank today?
 _____

What have I done outside today?

What are my goals to workout this week?
Mon _____ Tues _____ Wed _____ Thurs _____ Fri _____ Sat _____ Sun _____

Draw how full your bucket is



My Goals

How many hours of sleep have I been getting? And what can I do better?
 _____

Things that I am grateful for _____

This activity helps you learn how to recognize how to listen to the signs and actively fill your bucket and practice self care with self-awareness.

Learn to listen to your body with this energy tracker

This activity helps you be accountable for what you're doing to care for yourself while also setting and meeting goals which helps build the habit of self care.

UNDERSTANDING SELF-CARE

Self-care is the practice of taking proactive steps to maintain or improve your physical, mental, and emotional well-being. It involves engaging in activities that nurture and rejuvenate the body and mind, such as exercise, relaxation, healthy eating, and pursuing hobbies. Self-care is essential for managing stress, preventing burnout, and promoting overall happiness. It's about prioritizing your needs and making time for activities that help you feel balanced, energized, and fulfilled. Self-care can be as simple as taking care of your body and mind, or as complex as treating yourself.

As you're healing from abuse it's important to take care of yourself and your needs, even more so if you have children or anyone else who may be dependent upon you. You won't be able to help a person who is drowning if you're already drowning yourself. As you care for yourself, you will then be able to care for others.

I used to think that self-care looked like _____

The self-care I currently practice is _____

I find that I am happier when I _____

I feel more relaxed when _____

The self-care I need to do more is _____

I would like my self-care to look more like _____

I know I need to get better at _____

PRACTICING SELF-CARE



In the following pages you will find the Self-Care Checklist is meant to be cut out and put it somewhere that you can see it every day. You can laminate it, or put clear tape over the checkboxes so that you can continue to reuse the checklist.

If self-care is a foreign idea to you, which can happen with long-term exposure to abuse, it can feel selfish to practice self-care. Focus on taking small steps to create a self-care plan and gently push yourself to follow through with the goals and the plan.

- Take a relaxing bath with Epsom salts or essential oils.
- Practice deep breathing exercises or meditation.
- Go for a walk or a jog.
- Journal your thoughts and feelings.
- Listen to soothing music or nature sounds.
- Read a book or listen to an audiobook.
- Try a new hobby or revisit an old one.
- Do a gentle yoga or stretching routine.
- Cook a healthy and delicious meal for yourself.
- Take a nap or ensure you get enough sleep at night.
- Write a gratitude list or practice daily gratitude.
- Engage in creative activities like painting or crafting.
- Declutter and organize a space in your home.
- Practice positive affirmations and self-talk.
- Take a social media or technology break.
- Plan a day trip or a mini-adventure.
- Volunteer for a cause you care about.
- Treat yourself to go see a movie.
- Go for a bike ride or a hike.
- Take a break to enjoy a cup of tea or coffee.
- Practice mindfulness or mindful walking.
- Try gardening or caring for houseplants.
- Write a letter to a friend or loved one.
- Watch the sunrise or sunset.
- Listen to a motivational or inspirational podcast.
- Try a new exercise routine or fitness class.
- Visit a museum, art gallery, or event.
- Spend time near nature, like a beach, a forest, or a river.
- Create a playlist of your favorite uplifting songs.
- Bake something sweet or try a new recipe.
- Have a self-care swap with friends (exchange self-care items or ideas).
- Do something kind for someone else anonymously.
- Treat yourself to a massage or spa day.
- Create a vision board for your goals and dreams.
- Try aromatherapy with candles or diffusers.

SELF CARE

Checklist

Drink a glass of water to start the day

Enjoy 45 minutes of exercise

Get some fresh air

Have a healthy breakfast

Enjoy a warm morning drink

Plan out your day in your planner

Stretch your body

Take regular breaks

Enjoy some sunshine

Take hot/Cold bath or shower

Read something meaningful

Play some invigorating music

Disconnect

Eat a healthy snack

Wind down by avoiding bright light at night

Get in bed before 10pm

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PRACTICING SELF-CARE



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- Take a relaxing bath with Epsom salts or essential oils.
- Practice deep breathing exercises or meditation.
- Go for a walk or a jog.
- Use your Journal.
- Listen to soothing music or nature sounds.
- Read a book or listen to an audiobook.
- Try a new hobby or revisit an old one.
- Cook a healthy and delicious meal for yourself.
- Take a nap or go to bed early so you get enough sleep at night.
- Write a gratitude list or practice daily gratitude.
- Get creative; paint, or draw something.
- Declutter and organize a space in your home.
- Practice positive affirmations and positive self-talk.
- Take a social media or technology break.
- Plan a day trip or a mini-adventure.
- Volunteer for a cause you care about.
- Treat yourself to see a comedy in theaters to enjoy a good laugh.
- Go for a bike ride or a hike.
- Take a mental health break or day off.
- Try a new haircut and shave at the barber.
- Spend time with positive people or your support system.
- Write a letter to a friend or loved one.
- Watch the sunrise or sunset.
- Listen to a motivational or inspirational podcast.
- Try a new exercise routine or try weight training.
- Visit a museum, art gallery, or event.
- Spend time near nature, like a beach, a forest, or a river.
- Create a playlist of your favorite songs.
- Try a new, healthy recipe.
- Speak with someone about your latest realizations.
- Do something kind for someone else anonymously.
- Treat yourself to a massage.
- Create a list of goals and aspirations.
- Try incense or incense cones.
- Attend a self-growth workshop or seminar in person or online.
- Try a new sport that gets you outside and around other people.
- Manage your finances and budget.

SELF CARE

Checklist



Drink a glass of water to start the day

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Enjoy 45 minutes of exercise

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Get some fresh air

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Have a healthy breakfast

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Enjoy a warm morning drink

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Plan out your day in your planner

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Stretch your body

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Take regular breaks

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Enjoy some sunshine

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Take hot/Cold bath or shower

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Read something you're interested in

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Play some invigorating music

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Disconnect from people/electronics

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Eat a healthy snack

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Wind down by avoiding bright light at night

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Get in bed before 10pm

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PRACTICING SELF-CARE

In the next few pages, you'll find a Self-Care Checklist that you can cut out and keep somewhere you'll see every day. You can laminate it or cover the checkboxes with clear tape so you can reuse it again and again.

If self-care feels unfamiliar or even selfish, especially if you've spent a lot of time putting others first, try taking small steps to make a self-care plan and gently encourage yourself to stick with it.

- Go for a walk or get some fresh air.
- Listen to music that makes you feel happy.
- Journal your thoughts and feelings.
- Spend time with a pet.
- Do a quick, fun workout or stretch session.
- Try deep breathing or meditation for a few minutes.
- Watch a favorite movie or show.
- Make a list of things you're grateful for.
- Take a nap or get a good night's sleep.
- Draw, paint, or get creative with art supplies.
- Read a book or magazine you enjoy.
- Try a new recipe or bake something tasty.
- Write down positive affirmations about yourself.
- Have a "technology break" and unplug for a while.
- Spend time with friends or family who lift you up.
- Organize your room or space to feel calmer.
- Try a new hobby, like knitting or photography.
- Go to a quiet spot and practice mindful breathing.
- Play a game or do a puzzle.
- Make a vision board with goals and dreams.
- Sing along to your favorite songs.
- Practice a few yoga poses.
- Write a letter to your future self.
- Pamper yourself with a face mask or skincare routine.
- Get outside to enjoy nature, even just sitting in the sun.
- Make a playlist of uplifting songs.
- Write down three things you like about yourself.
- Do a random act of kindness for someone.
- Practice saying "no" if you feel overwhelmed or need a break.
- Create a cozy space with blankets, pillows, and dim lighting to unwind.
- Write down your dreams and goals in a notebook.
- Make a "feel-good" folder with positive memories or quotes.
- Experiment with aromatherapy, like a calming essential oil.
- Spend time with a younger sibling or family member who makes you laugh.
- Make a small, realistic to-do list and enjoy checking things off.
- Write out any worries or stresses and then tear up the paper to let it go.

SELF CARE

Checklist for pre-teens

	SU	M	T	W	TH	F	SA
Begin the day with a calming routine	☐	☐	☐	☐	☐	☐	☐
Remember to drink water through the day	☐	☐	☐	☐	☐	☐	☐
Try a hobby that you like	☐	☐	☐	☐	☐	☐	☐
Find something to be thankful for	☐	☐	☐	☐	☐	☐	☐
Play outside	☐	☐	☐	☐	☐	☐	☐
Eat a well-rounded meal	☐	☐	☐	☐	☐	☐	☐
Organize your room and belongings	☐	☐	☐	☐	☐	☐	☐
Be kind to yourself	☐	☐	☐	☐	☐	☐	☐
Enjoy some sunshine	☐	☐	☐	☐	☐	☐	☐
Take a break from electronics	☐	☐	☐	☐	☐	☐	☐
Play and talk with friends	☐	☐	☐	☐	☐	☐	☐
Play a game	☐	☐	☐	☐	☐	☐	☐
Write in your journal	☐	☐	☐	☐	☐	☐	☐
Eat a healthy snack	☐	☐	☐	☐	☐	☐	☐
Take a moment to be still and breathe	☐	☐	☐	☐	☐	☐	☐
Get 9-11 hours of sleep	☐	☐	☐	☐	☐	☐	☐

SELF CARE

Checklist for pre-teens

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SELF CARE

Checklist for teens

	SU	M	T	W	TH	F	SA
Start your day with a positive tone	☐	☐	☐	☐	☐	☐	☐
Dedicate 10-15 min. to focus on breath	☐	☐	☐	☐	☐	☐	☐
Practice a sport or dance	☐	☐	☐	☐	☐	☐	☐
Have a well-rounded meal	☐	☐	☐	☐	☐	☐	☐
Drink at least 8 glasses of water	☐	☐	☐	☐	☐	☐	☐
Connect with trusted friends	☐	☐	☐	☐	☐	☐	☐
Limit social media	☐	☐	☐	☐	☐	☐	☐
Learn something new	☐	☐	☐	☐	☐	☐	☐
Enjoy some sunshine	☐	☐	☐	☐	☐	☐	☐
Enjoy a hobby or creative activity	☐	☐	☐	☐	☐	☐	☐
Read something you like	☐	☐	☐	☐	☐	☐	☐
Allow yourself breaks	☐	☐	☐	☐	☐	☐	☐
Spend time outdoors	☐	☐	☐	☐	☐	☐	☐
Eat a healthy snack	☐	☐	☐	☐	☐	☐	☐
Write in your Journal	☐	☐	☐	☐	☐	☐	☐
Prioritize 8-10 hours of sleep	☐	☐	☐	☐	☐	☐	☐

SELF CARE

Checklist for teens

	SU	M	T	W	TH	F	SA
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MY PRIORITIES

When learning how to have self-care it is important to understand what is important to you so that you can learn what's important. Recognizing what things you need, like food, water, a roof over your head, should be at the top of your list. Moving down from what's most necessary, to what's least necessary, but is still important we will identify the things that are worth protecting.

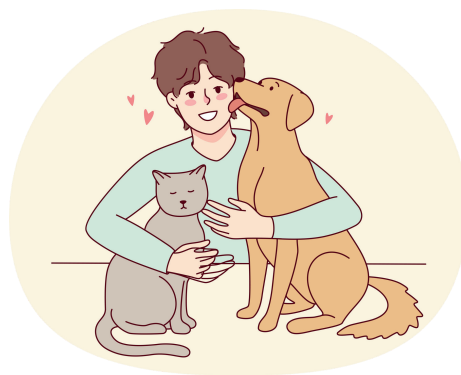


Things that I need:

A light green rectangular box with four green star icons on the left side, intended for writing needs.

Things that I enjoy doing:

A light blue rectangular box with four blue star icons on the left side, intended for writing activities enjoyed.

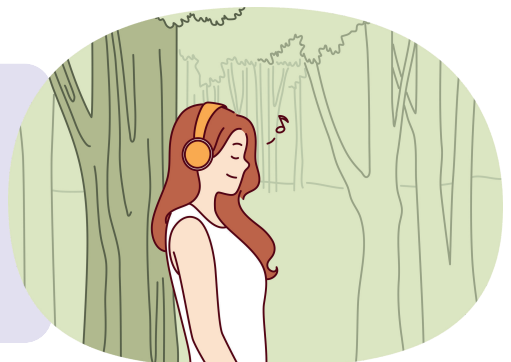


Things that are important to me:

A light blue rectangular box with four blue star icons on the left side, intended for writing important things.

Things I do to relax:

A light purple rectangular box with four purple star icons on the left side, intended for writing relaxation activities.



MY SELF-CARE HABITS

___/___/___



How much
water have I
drank today?

What have I done outside today?



What are my goals to workout this week?

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

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Recently, I have treated myself to

People in my support network



How many hours of sleep have I been getting? And what
can I do better? _____

Things that I am grateful for _____

MY SELF-CARE HABITS

___/___/___



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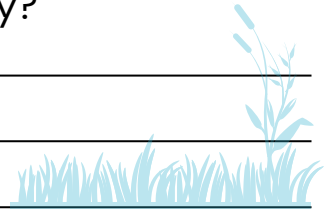
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Recently, I have treated myself to

People in my support network



How many hours of sleep have I been getting? And what
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Things that I am grateful for _____

FILLING MY BUCKET

It's important to fill your bucket to make sure that you're able to not only take care of others, but yourself as well. Acts of self-love and allowing yourself to relax help you to have higher energy. This activity helps you track how you're managing your bucket and keeping you accountable for taking care of yourself.

What have I done today to fill my bucket?

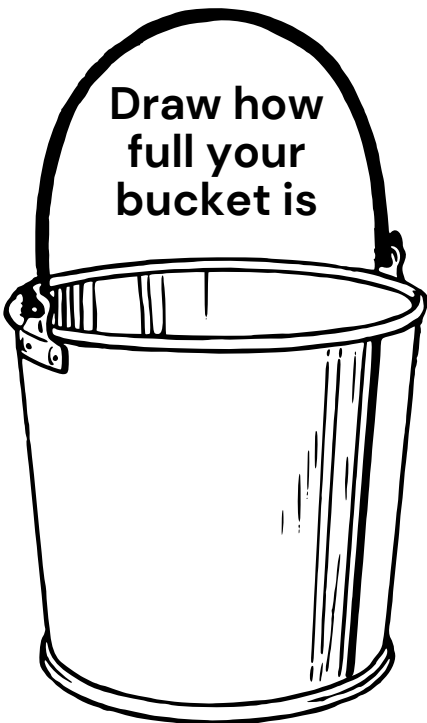
My energy level:



What have I done this past week to fill my bucket?

What can I do better about filling my bucket?

Draw how
full your
bucket is



My Goals

FILLING MY BUCKET

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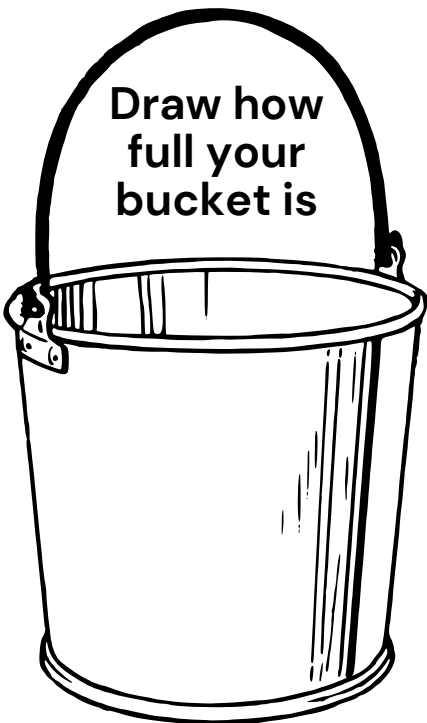
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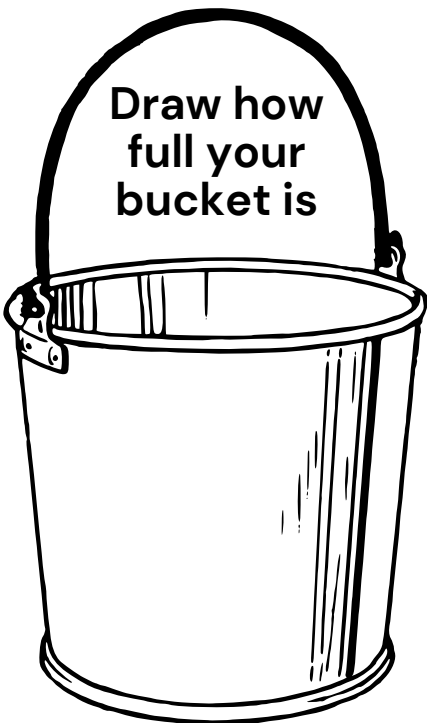
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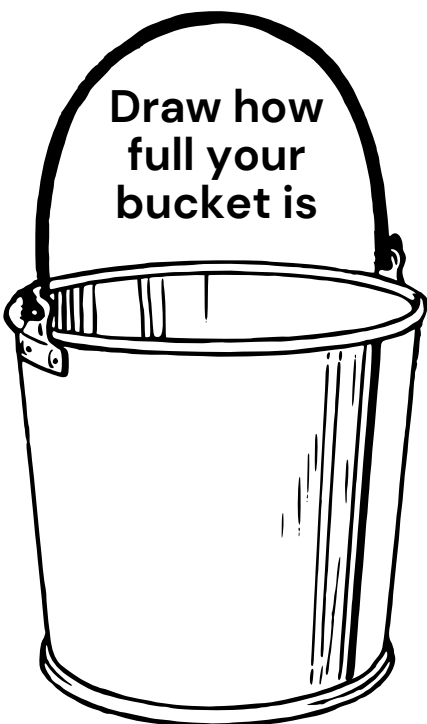
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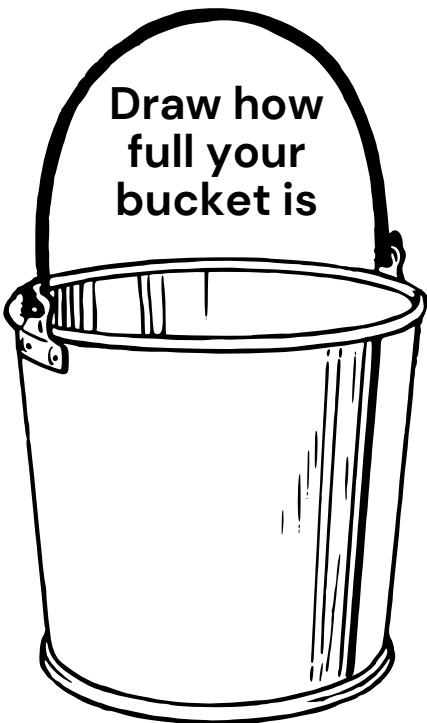
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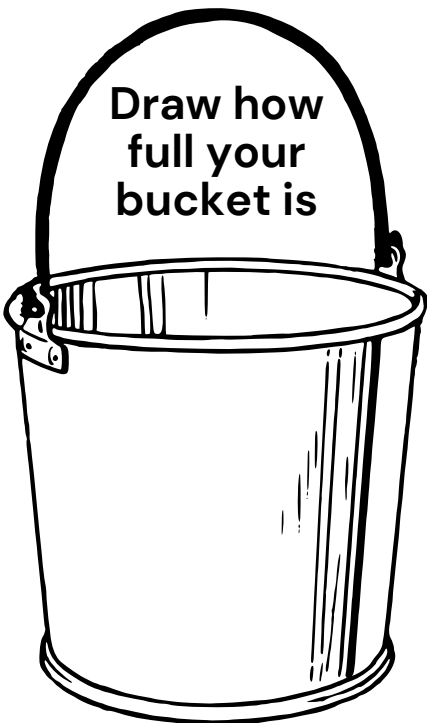
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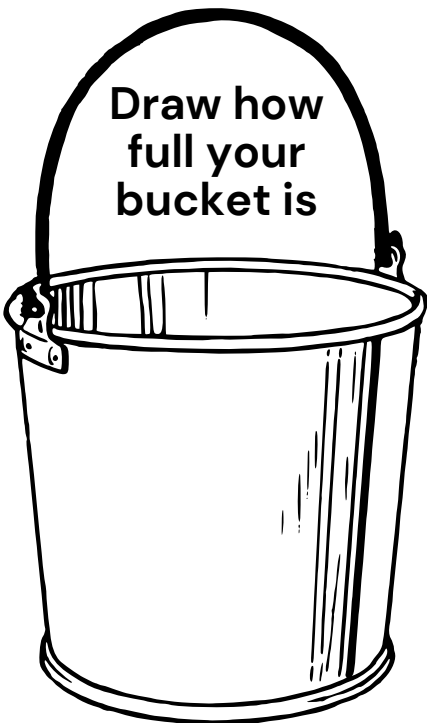
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My Goals

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A Note from Us

We are so grateful for this community and remain committed to creating affordable and accessible healing tools for anyone on the path toward recovery and self-discovery. If our products have been helpful, we invite you—only if it is within your ability—to consider making a donation or purchase on our website. Every contribution helps us continue offering free and low-cost resources to survivors and their communities.

We truly hope this resource supports you on your healing journey. If you notice something missing from our store that could help you or your community, please reach out—we are always open to new ideas.

