



Self-Care

JOURNAL PAGES

SELF-CARE CHALLENGE BOARD

Cross off each square as you complete it.

PHYSICAL	MENTAL	SOCIAL	EMOTIONAL
Get 8 hours of sleep.	Make something with your hands. 	Plan something fun with friends or family.	
Go for a walk.	Learn how to 		

EMOTIONAL SELF-CARE

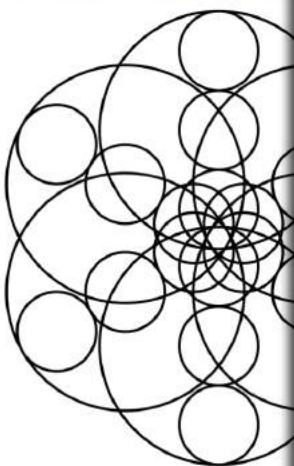
POSITIVE SELF-TALK

My favorite thing about myself is...

One thing I will tell myself each morning is...


It's important to be kind to myself because...

self-care is giving the world the best of you, not what's left



SOCIAL SELF-CARE

SETTING BOUNDARIES



Is there anything I need to be saying "no" to?

Is there anyone I need to be honest with?


Am I taking the blame for anything that isn't my fault?

SPENDING TIME WITH OTHERS

Two people I enjoy spending time with are:

Someone I would like to reach out to is:

Something social I can plan is:




ASKING FOR HELP

Is it easy for me to ask for help?

If I need help, someone I can go to is:

Something I can tell myself if I am afraid to ask for help is:



MY MONTHLY SELF-CARE PLAN

Month: _____

FOR PHYSICAL SELF-CARE, I WILL:	FOR EMOTIONAL SELF-CARE, I WILL:
FOR SOCIAL SELF-CARE, I WILL:	WHAT CAN I DO BETTER?

Created by: Counselor Chelsey

Thank You!

Thank you so much for purchasing this product! Please remember to leave feedback, as it helps you get credit toward future purchases and helps me to continue making high quality products.

About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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<https://www.teacherspayteachers.com/Store/Graphics-By-Sarah-Beth>

WHAT'S INCLUDED:

- P. 4: Cover Page
- P. 5: Self-Care Challenge Board
- P. 6-9: Self-Care Planning and tracking sheets
- P. 10-13: Types Of Self Reflection Sheets
- P. 14- Gratitude List
- P. 15-17: Coping Skills Reflection Sheets
- P. 18-19: "Creating A Routine" templates
- P. 20-24 Coloring Pages with advanced coloring patterns
- P. 25-29: Coloring Pages with simplified coloring patterns

HOW TO USE:

- These journal pages can be used together to make a workbook, or you can use specific pages.
- These journal pages can be used by students, educators and even parents.
- You can have the pages bound in a notebook at a print shop near you. You can include all of the pages or just the ones that will be most helpful to you. You can also include multiple copies of certain pages.
- The challenge board (p. 5) and the "I can fill my cup" sheet (p. 9) can be used as contests to encourage self-care.

MY SELF-CARE JOURNAL



BY: _____

SELF-CARE CHALLENGE BOARD

Cross off each square as you complete it.

PHYSICAL

MENTAL

SOCIAL

EMOTIONAL

Get 8 hours of sleep.	Make something with your hands. 	Plan something fun with friends or family.	Write a positive message to yourself. 
Go for a walk. 	Learn how to do something new.	 Call a friend.	Sit for 5 minutes and notice how you're feeling.
Stretch.	Organize something in your house. 	Ask for help with something.	 Make a list of coping skills.
Drink 8 cups of water. 	Make a schedule for your day or week, and stick to it.	Write a letter 	Spend an hour doing something you enjoy.
Try a new fruit or vegetable.	Make a new playlist 	Say no to something.	 Talk to someone about how you feel.

MY SELF-CARE PLAN

No matter how much time I have, I will take care of myself.



MY WEEKLY SELF-CARE PLAN

Dates: _____

FOR PHYSICAL SELF-CARE, I WILL:

FOR EMOTIONAL SELF-CARE, I WILL:

FOR MENTAL SELF-CARE, I WILL:

FOR SOCIAL SELF-CARE, I WILL:

WHAT WENT WELL?

WHAT CAN I DO BETTER?

MY MONTHLY SELF-CARE PLAN

Month: _____

FOR PHYSICAL SELF-CARE, I WILL:

FOR EMOTIONAL SELF-CARE, I WILL:

FOR MENTAL SELF-CARE, I WILL:

FOR SOCIAL SELF-CARE, I WILL:

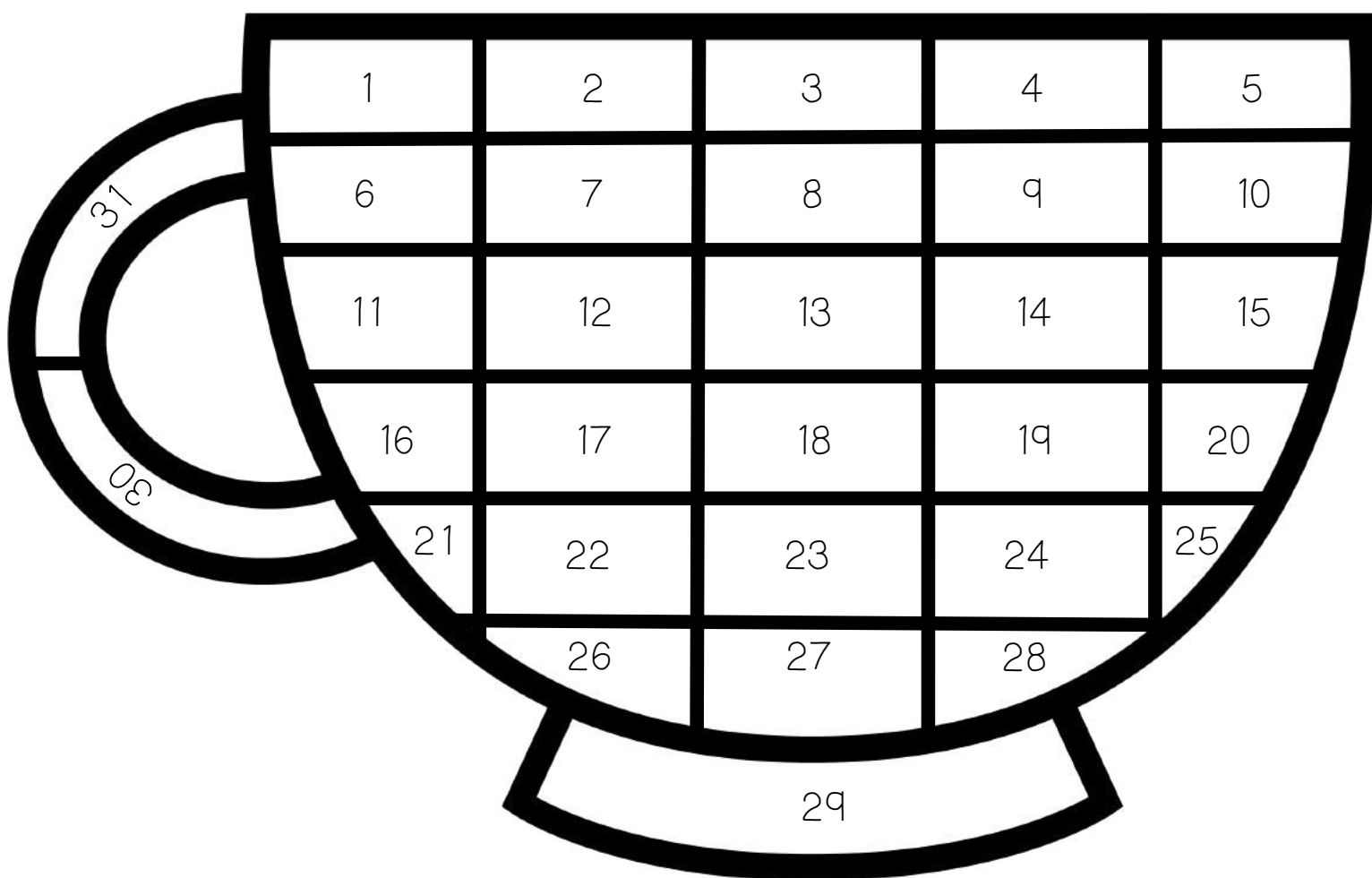
WHAT WENT WELL?

WHAT CAN I DO BETTER?

I CAN FILL MY CUP

Each day that I practice self-care, I will color in a square.

Month: _____



My favorite way that I practiced self-care this month was:

A new form of self-care I tried this month was:

PHYSICAL SELF-CARE



EXERCISE

What is one way to exercise indoors?

What is one way to exercise outdoors?

What is a new form of exercise I can try?

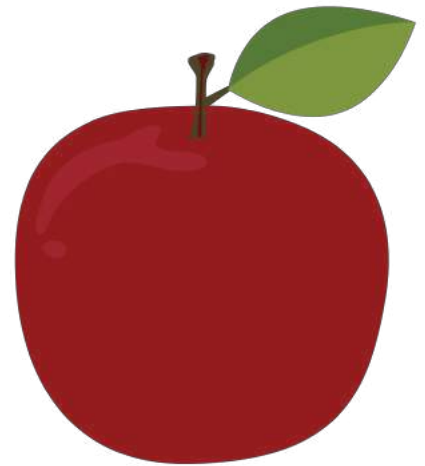
EATING

My favorite fruit is...

My favorite vegetable is...

My favorite special treat is...

A healthy recipe I want to try is...

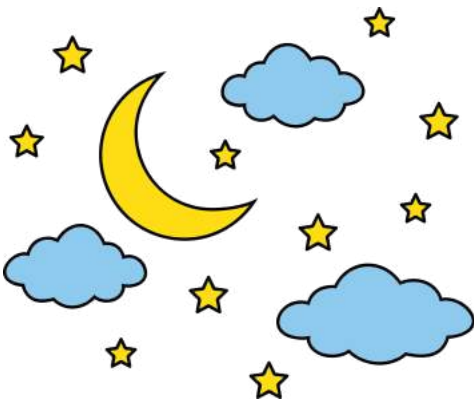


REST

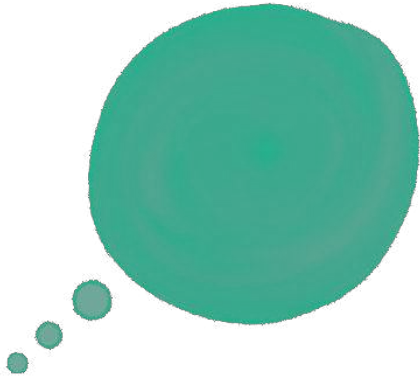
One place where I feel relaxed is...

My favorite relaxing thing to do is...

What can I do to sleep better at night?



EMOTIONAL SELF-CARE



POSITIVE SELF-TALK

My favorite thing about myself is...

One thing I will tell myself each morning is...

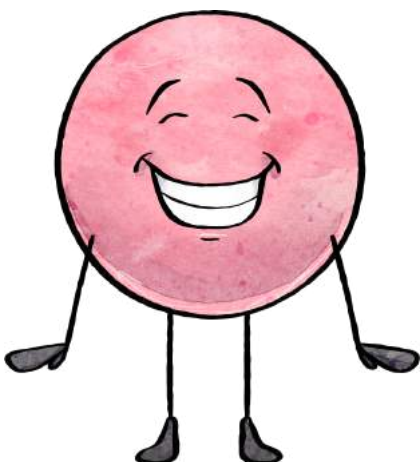
It's important to be kind to myself because...

EXPRESSING MY FEELINGS

Something creative I can do to express my feelings is:

One person I can talk to about my feelings is...

A time during the day when I can sit and notice how I'm feeling is...



DOING THINGS I ENJOY

Something I enjoy doing that I can do daily is...

Something I enjoy doing that I can do once a week is...

Something I enjoy doing that I can do once a month is...

SOCIAL SELF-CARE

SETTING BOUNDARIES



Is there anything I need to be saying “no” to?

Is there anyone I need to be honest with?

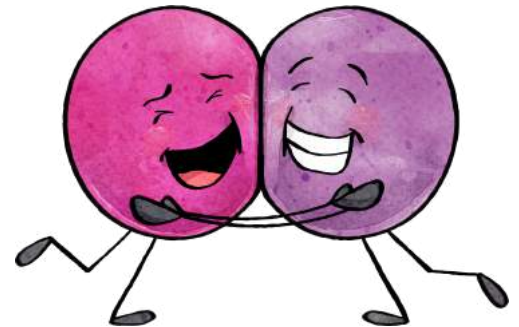
Am I taking the blame for anything that isn’t my fault?

SPENDING TIME WITH OTHERS

Two people I enjoy spending time with are:

Someone I would like to reach out to is:

Something social I can plan is:



ASKING FOR HELP

Is it easy for me to ask for help?

If I need help, someone I can go to is:

Something I can tell myself if I am afraid to ask for help is:



MENTAL SELF-CARE

BE CREATIVE

Something creative I like to do is:

Am I making enough time for creativity?

A new creative project I want to start is:

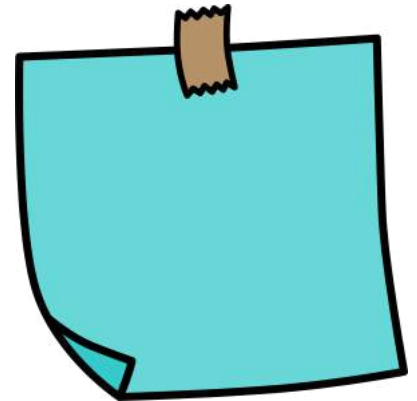


MAKE A PLAN

Something I've been wanting to do is:

When will I do it?

What do I need to do to make sure it gets done?

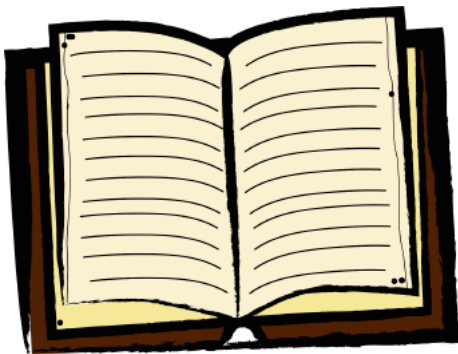


LEARN SOMETHING NEW

Something I've been wanting to learn is:

What can I do to learn more?

I'm excited to learn this because:



MY GRATITUDE LIST

I have so much to be thankful for!

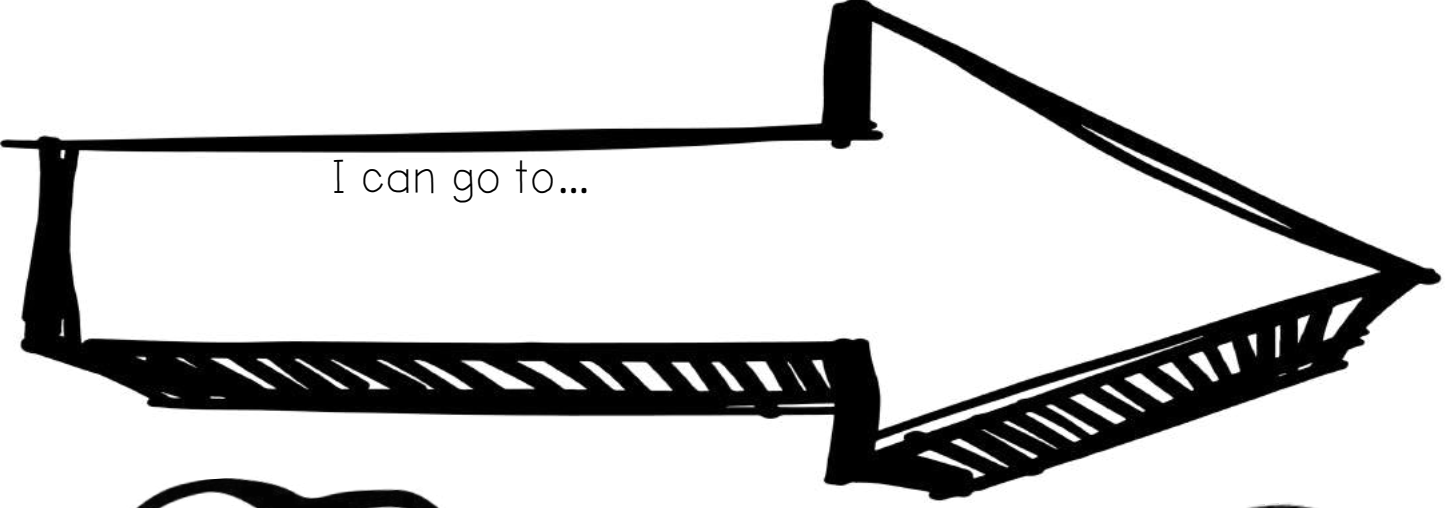
PEOPLE

THINGS

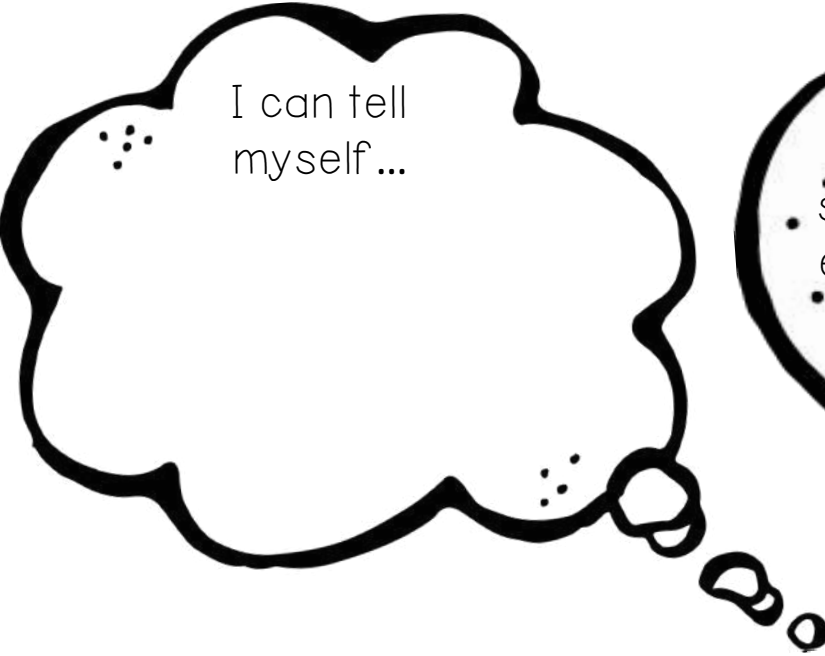
MEMORIES

OTHER


WHEN I FEEL UPSET...



I can go to...



I can tell
myself...



I can do
something I
enjoy, like...



I can talk to...

THINGS THAT HELP ME FEEL RELAXED

SONGS

SHOWS/BOOKS

SCENTS

PLACES

THINGS

MY AFFIRMATIONS

I can remind myself of things that are positive and true.

I AM:

I WILL:

I CAN:

I DON'T HAVE TO:

I AM NOT:

I CHOOSE:

OTHER AFFIRMATIONS:

MY DAILY ROUTINE

Sticking to a routine can help me feel focused and in control.

WHEN I WAKE UP...

AFTER BREAKFAST...

AFTER LUNCH...

AFTER SCHOOL/WORK...

AFTER DINNER...

BEFORE BED...

MY WEEKLY ROUTINE

Sticking to a routine can help me feel focused and in control.

MONDAY

TUESDAY

WEDNESDAY

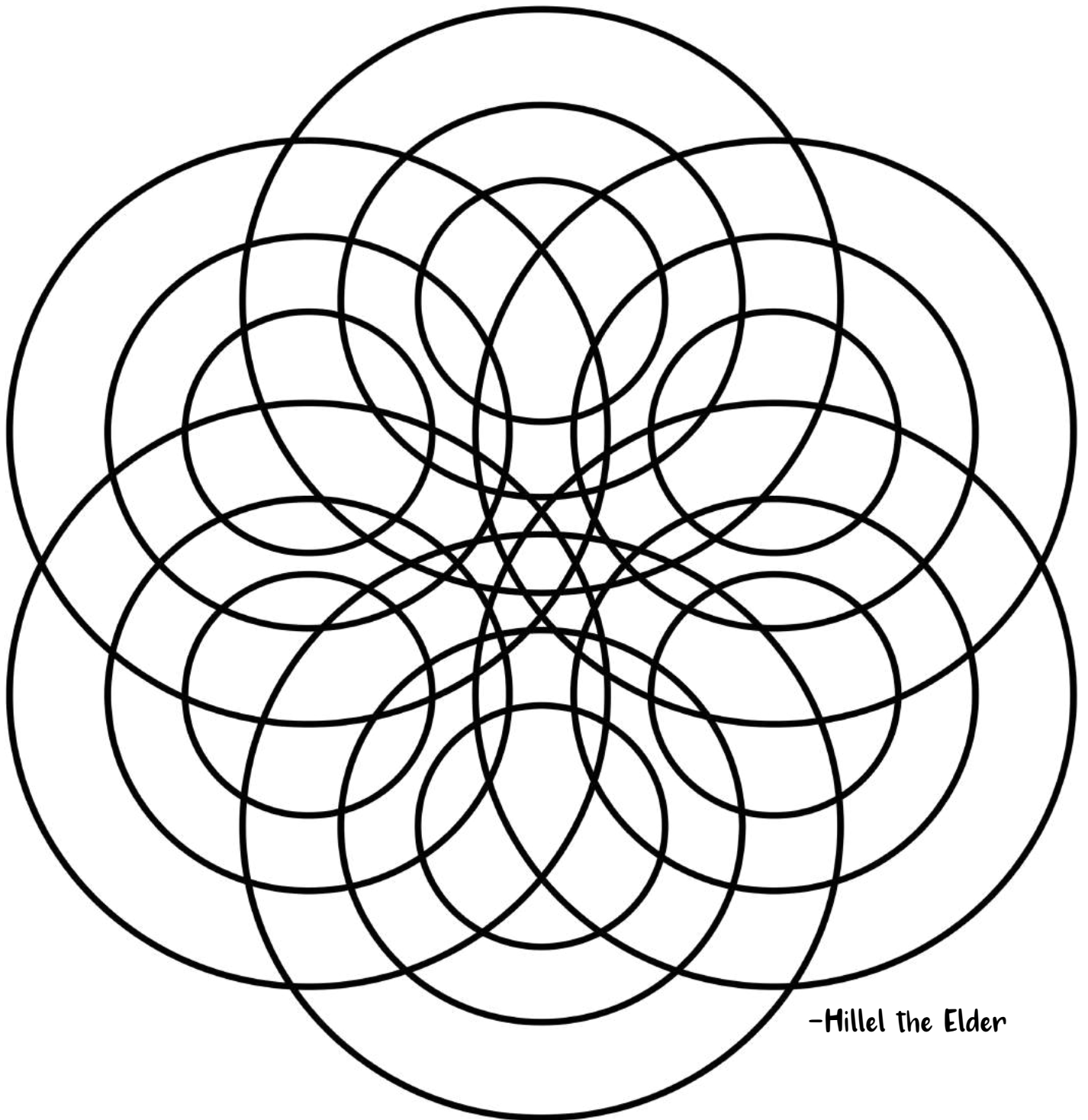
THURSDAY

FRIDAY

SATURDAY

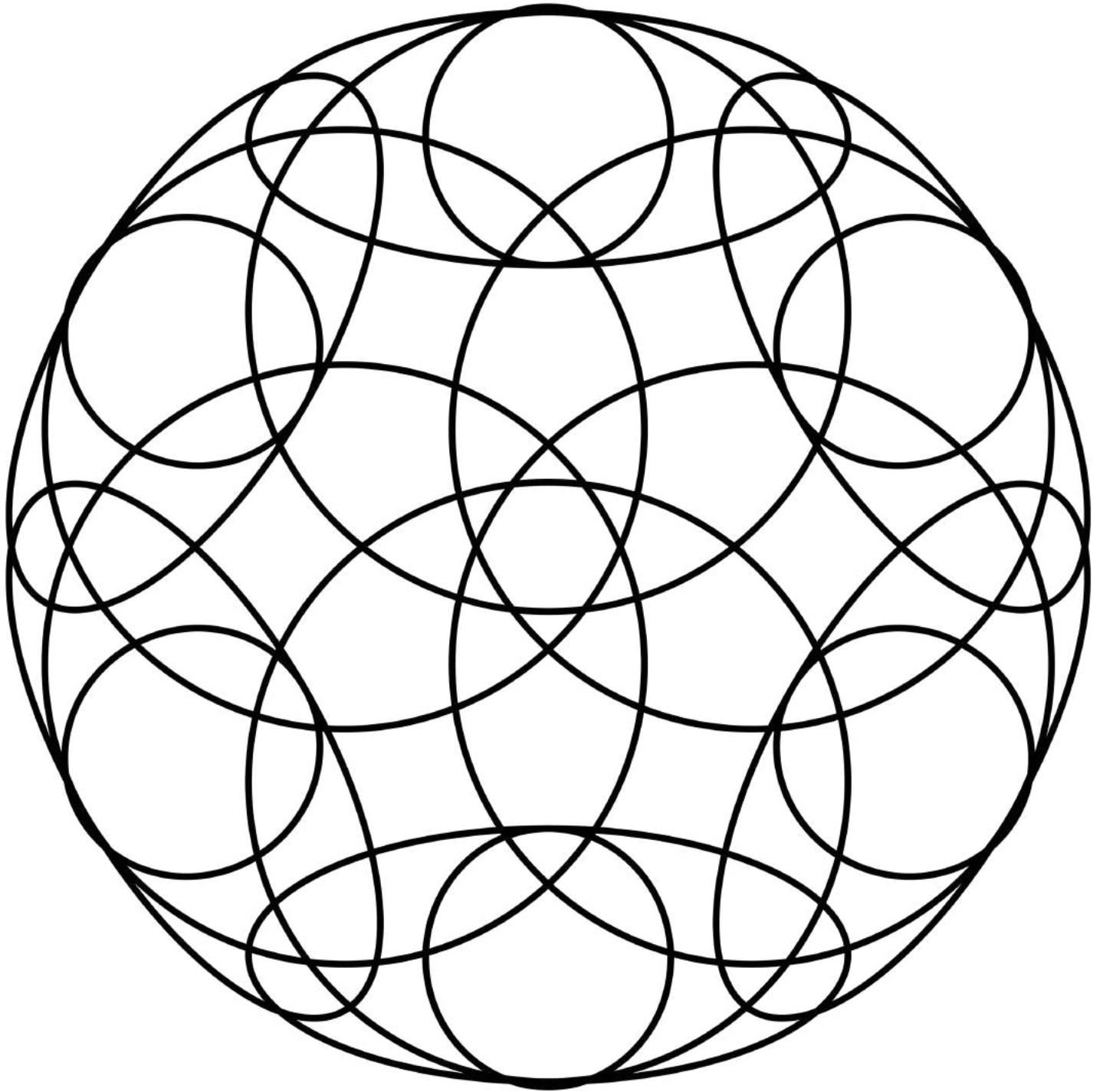
SUNDAY

Take care of yourself,
you never know when the world
will need you.



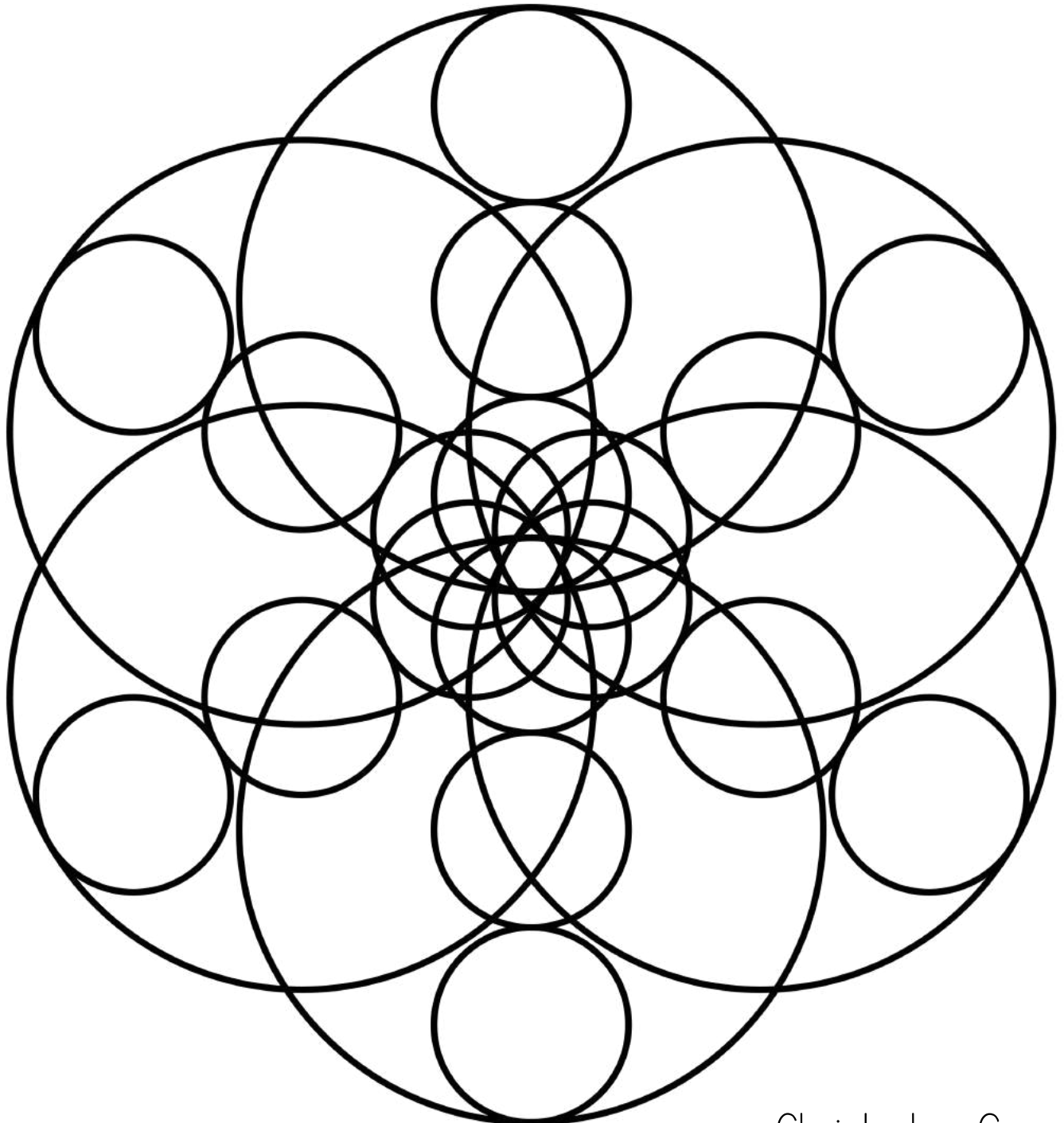
-Hillel the Elder

Self-care



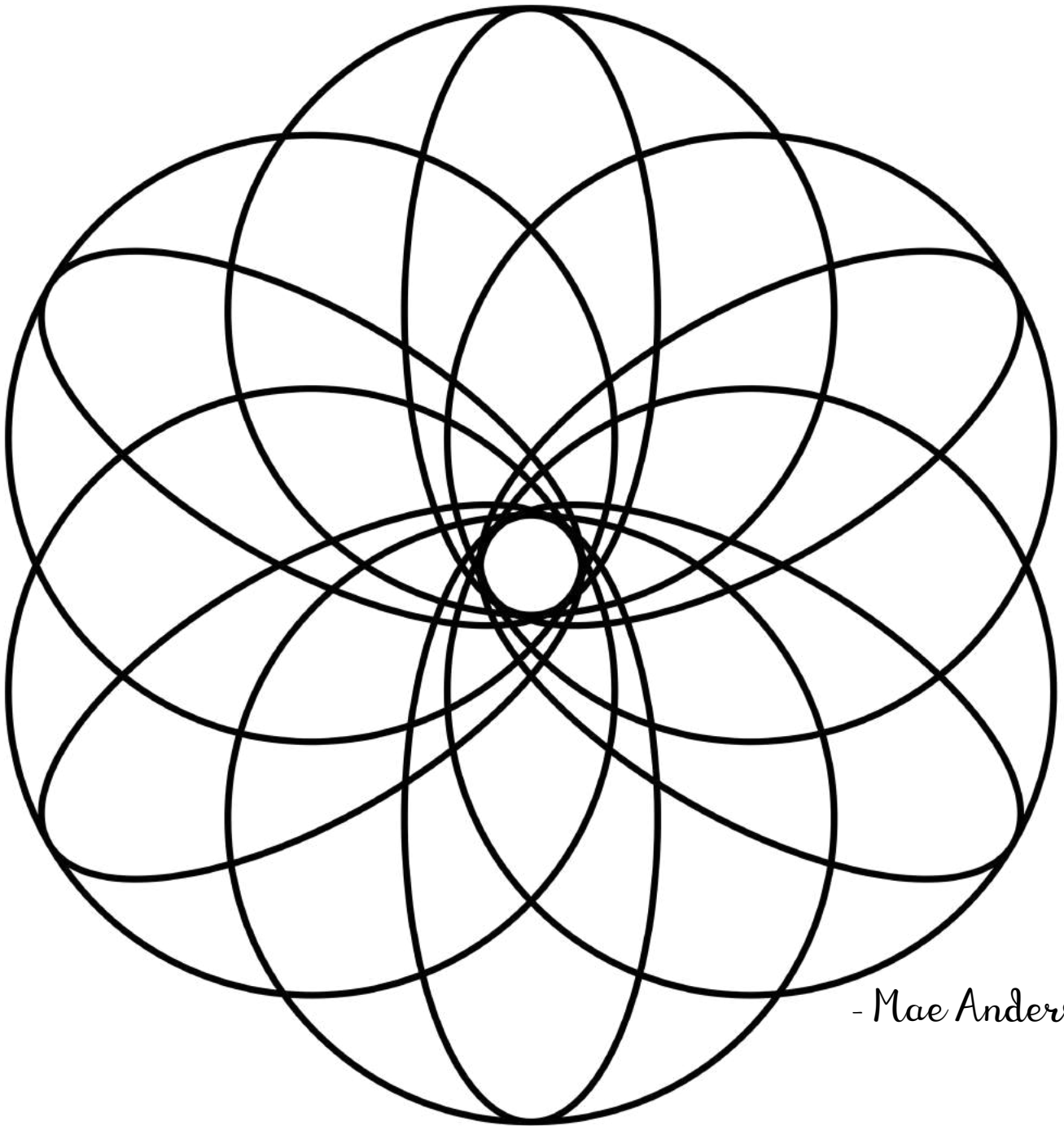
isn't selfish.

Self compassion is simply giving
the same kindness to ourselves
that we would give to others.



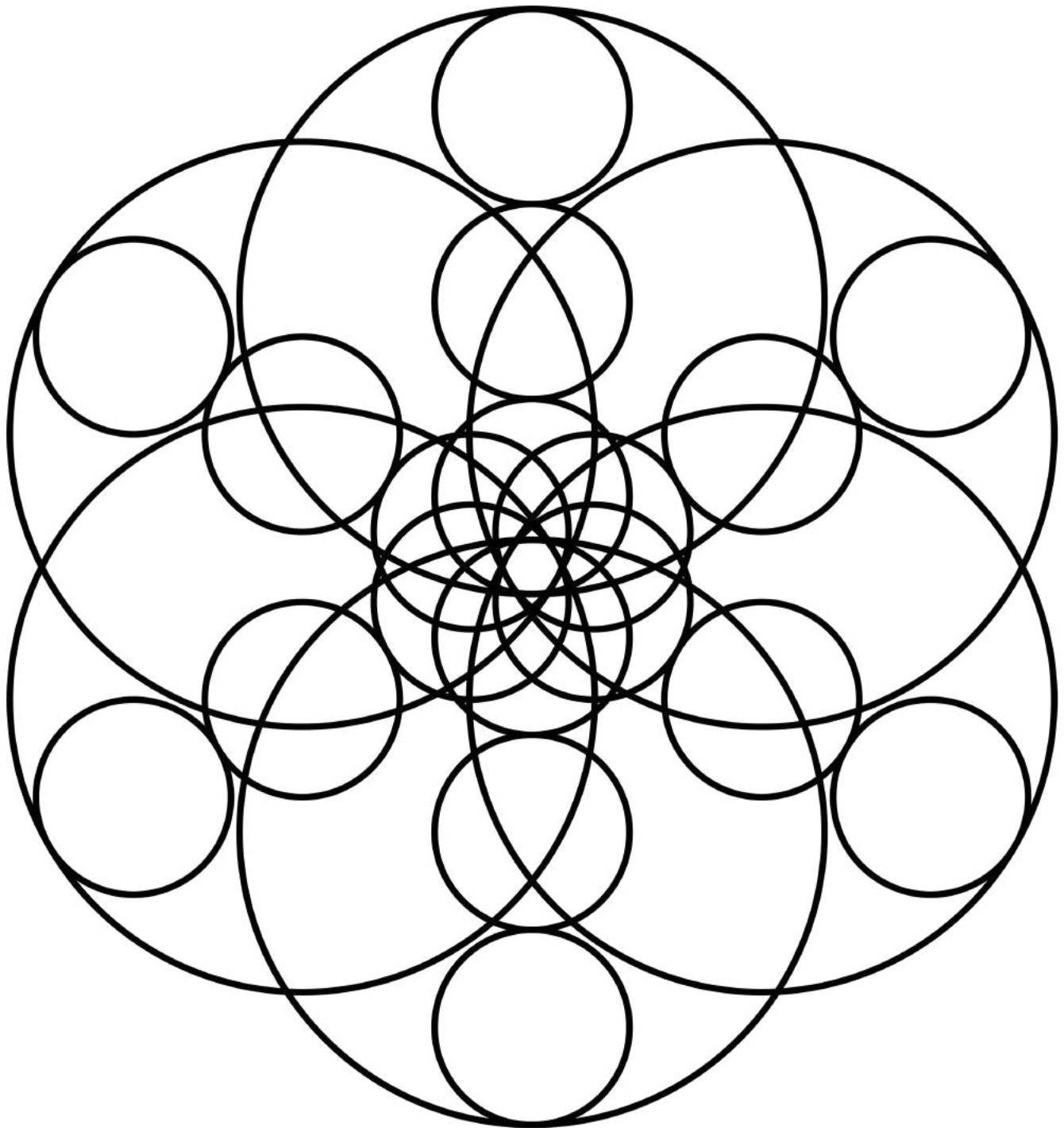
-Christopher Gerner

Find what makes your
heart sing and create
your own music.

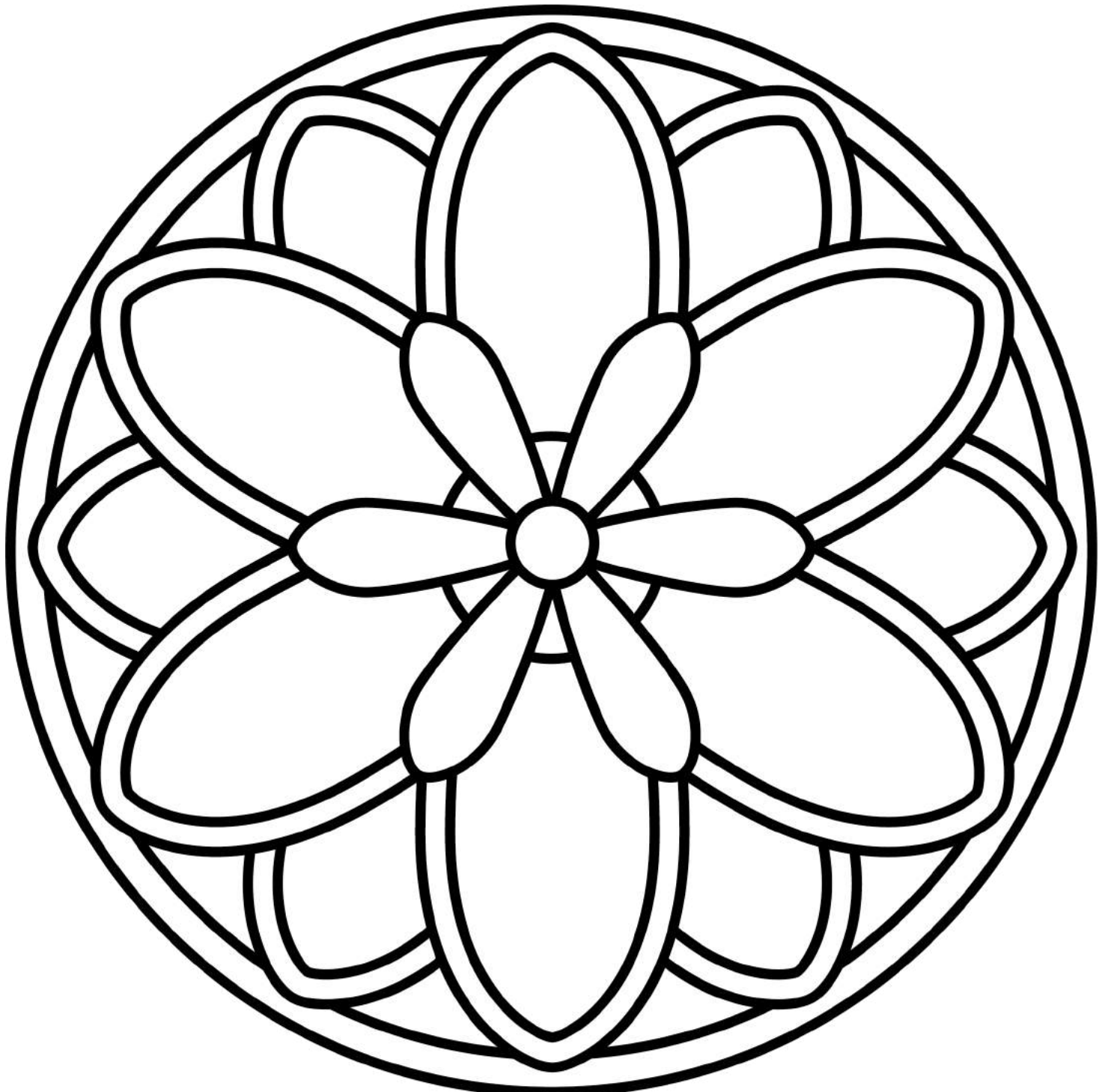


- Mae Anderson

**self-care is giving the
world the best of you,
not what's left of you.**

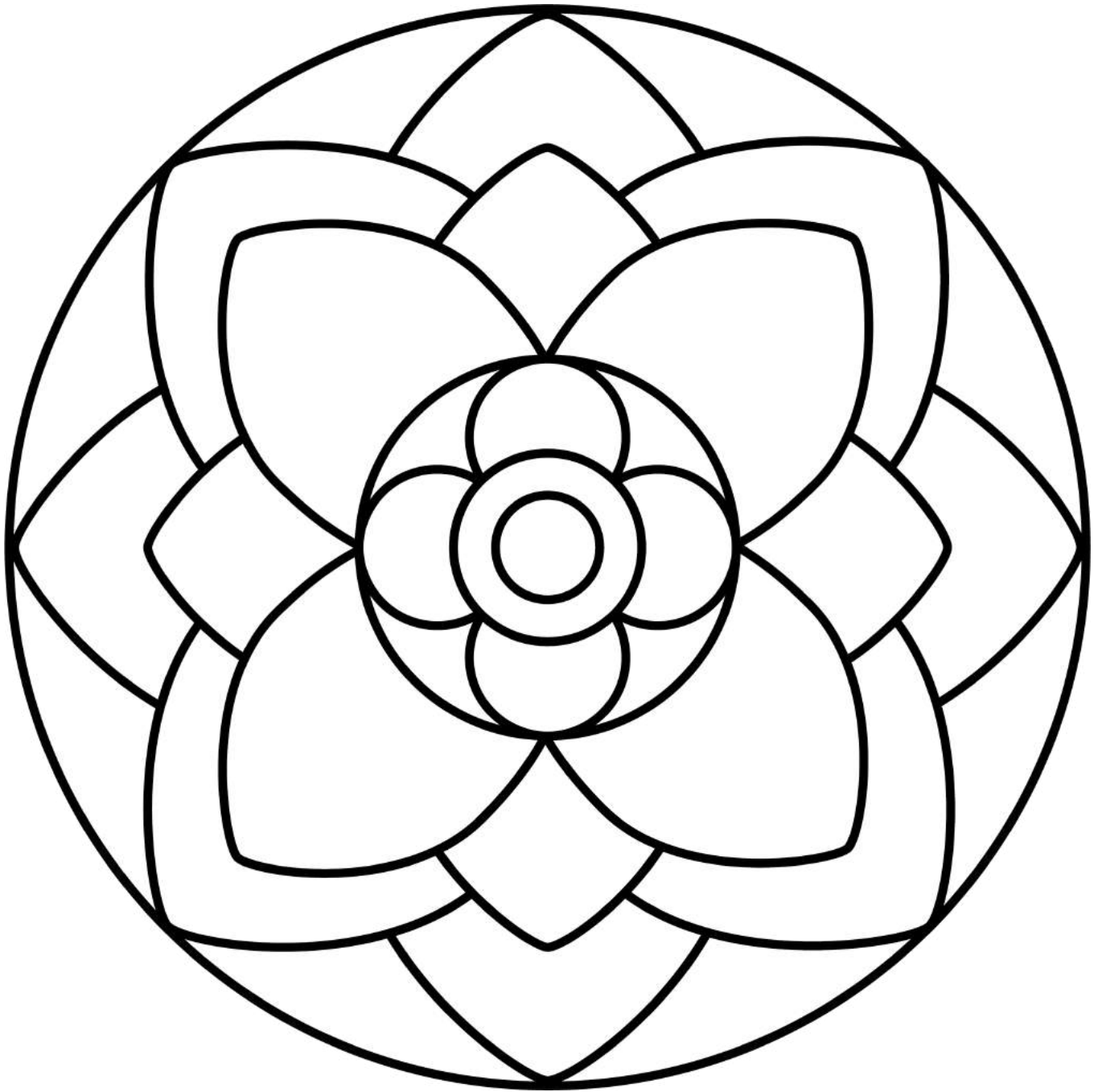


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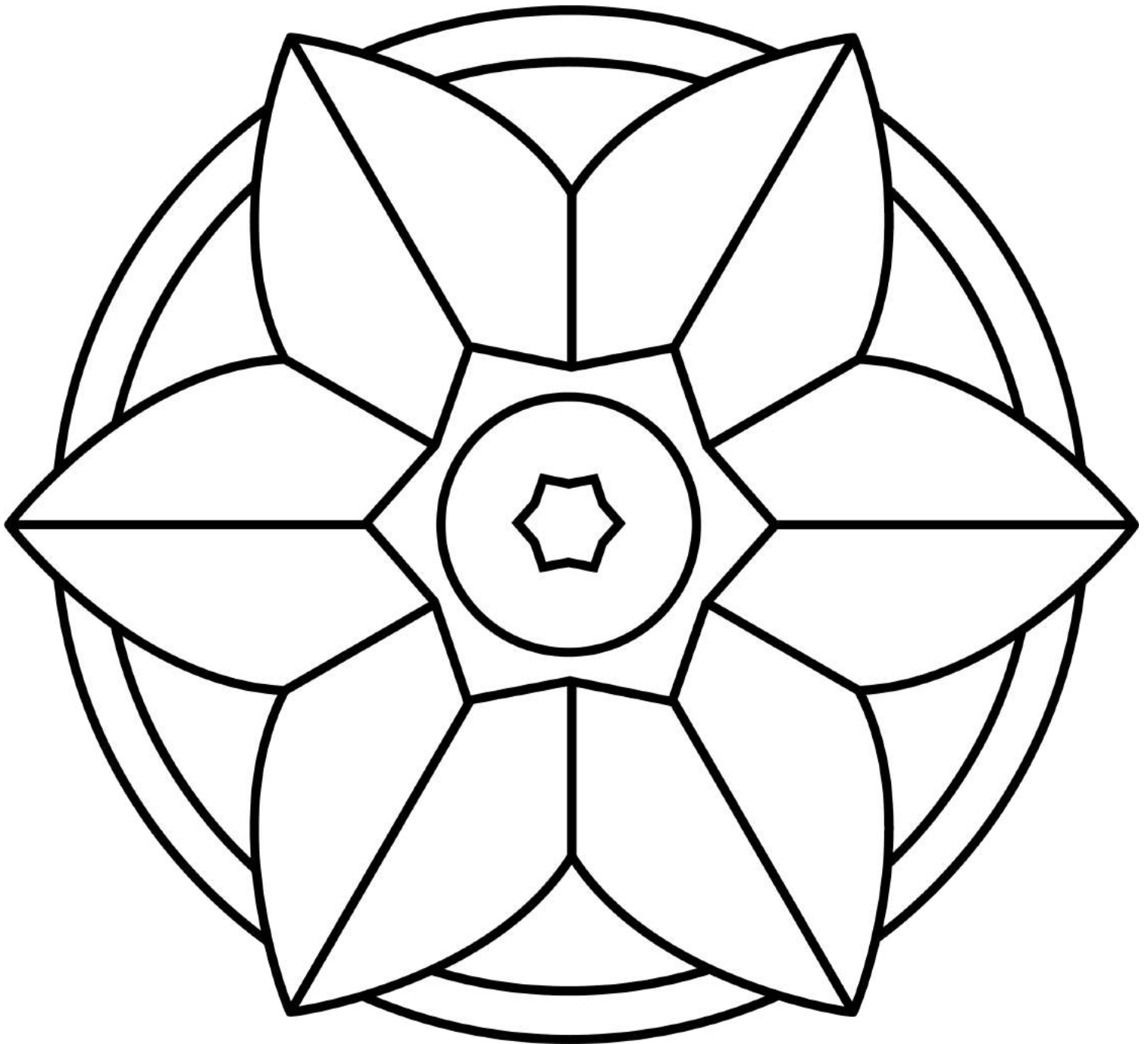
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Self-care



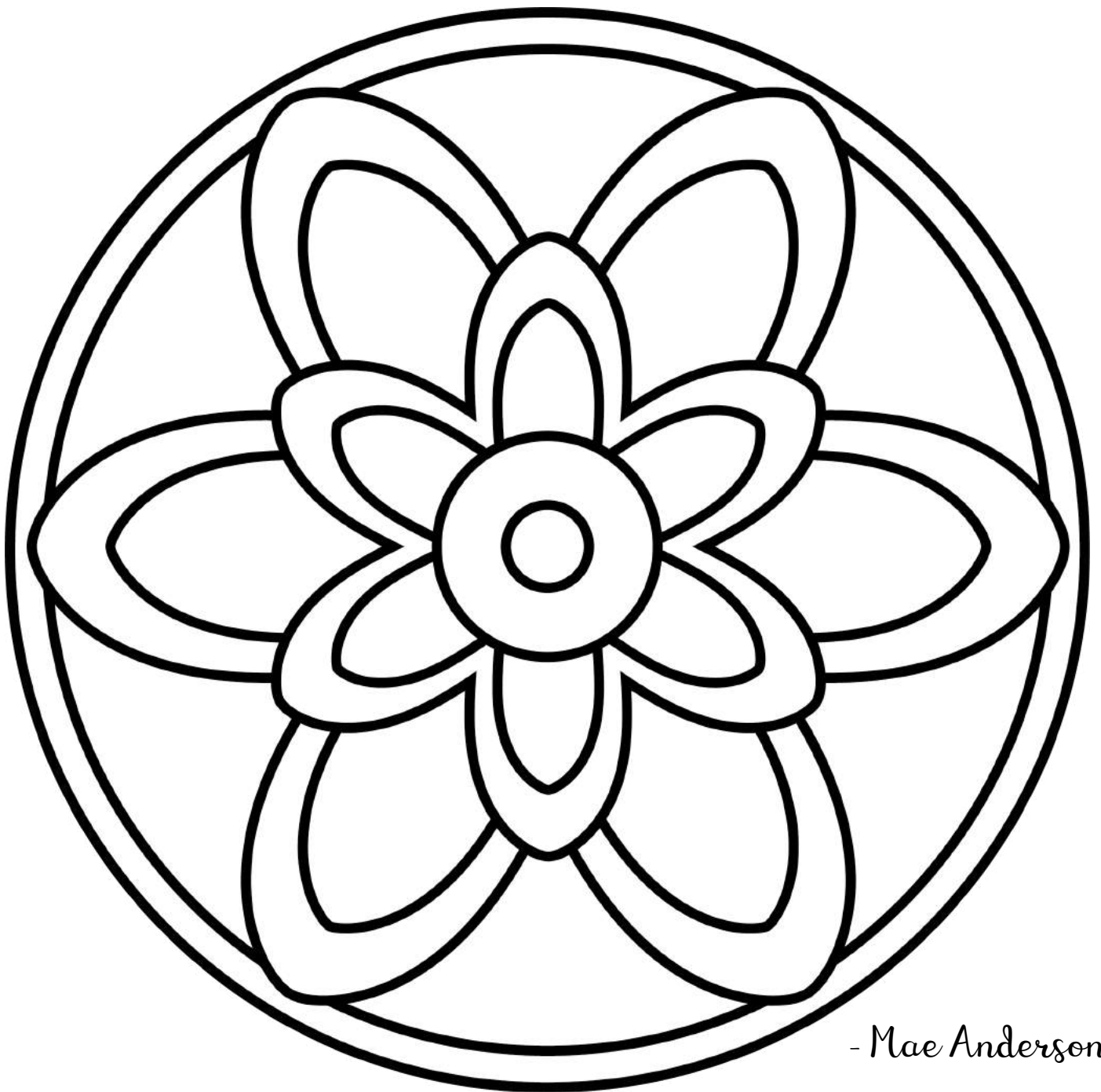
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