

My Self-Care Resources

Self-care is doing something that gives a sense of satisfaction, relief, or wonder. Let's consider each of those things, and keep in mind that there should be easier and more difficult things for each category—try to list at least one easy and one difficult thing for each.

Satisfaction: doing something that makes you feel accomplished or worthwhile



Projects I could finish:	Creative things I could do:	Some difficult things I've done or can do:
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Relief: doing something that gives you some space from the things that are weighing you down



Something I could take care of:	Ways I could distract myself:	My chosen method of grounding:
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Wonder: doing something that reminds you that there is always some good to accompany the bad



Things that take my breath away:	Ways I could remind myself to be grateful:	Ways that I am not alone:
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