

Self-Care Reflection

SELF CHECK-IN

I'm feeling Sad right now, and that's okay. All of my feelings are valid.
(emotion)

In this moment, self-care to me looks like Being outside, self-reflection.
(a self-soothing activity of your choice)

It means more to get sunshine and less to retract.
(an activity you enjoy) (an activity you'd like to minimize)

I trust myself to do what's right for me. Even if that means I need to breathe through it.
(a boundary you're setting)

If I ever need anyone, I know that I can reach out to My sister & my husband.
(a loved one or resource)

What I love about them is that they They listen without judgement or trying to solve anything.
(a quality about your loved one or resource)

The greatest compliment someone could give me right now is Understanding.
(something you love about yourself)

Just as those who care for me are committing to seeing the best in me, I commit to seeing the best in myself.

I love myself because I am Strong, Smart, and Loyal.
(your favorite qualities about yourself)

I take care of myself because I am worth taking care of.

MY NEEDS RIGHT NOW

Circle as many needs as you'd like below.

Time Alone

Confidence

Add Your Own: _____

Time with Others

A Listening Ear

Rest

Advice

Exercise

Boundaries

Routine

Sleep

Something New

Balance

MY SELF-CARE GO-TO KIT

A Movie I Love:

The Long Kiss Goodnight

A Comforting Song:

Sober & Dog days are over

A Delicious, Satisfying Meal:

Sushi

A Form of Exercise or Movement:

Walking

A Hobby I Enjoy:

Planning

A Grounding Habit:

Outside, barefoot, sunshine

REFLECTION QUESTIONS

(Written in collaboration with [Dr. Stephanie J. Wong](#))

Write five affirmations or mantras that resonate with you.

This moment is just that and nothing more

Look for the best in people

You can control your thoughts and environment

What is your biggest strength and how can it be used to guide you in this moment?

My strength to never give up, to never stop trying to be better at all things in my life.

To let go and not hold onto things that do not serve me.

Who or what makes your life meaningful right now? List at least three and describe why.

My children - Always & forever, they are my light, my meaning for so many things and my why to be better and strive for better. My husband, my family and my friends all fulfill me in so many different ways. Life experiences and the miracles in everyday moments.