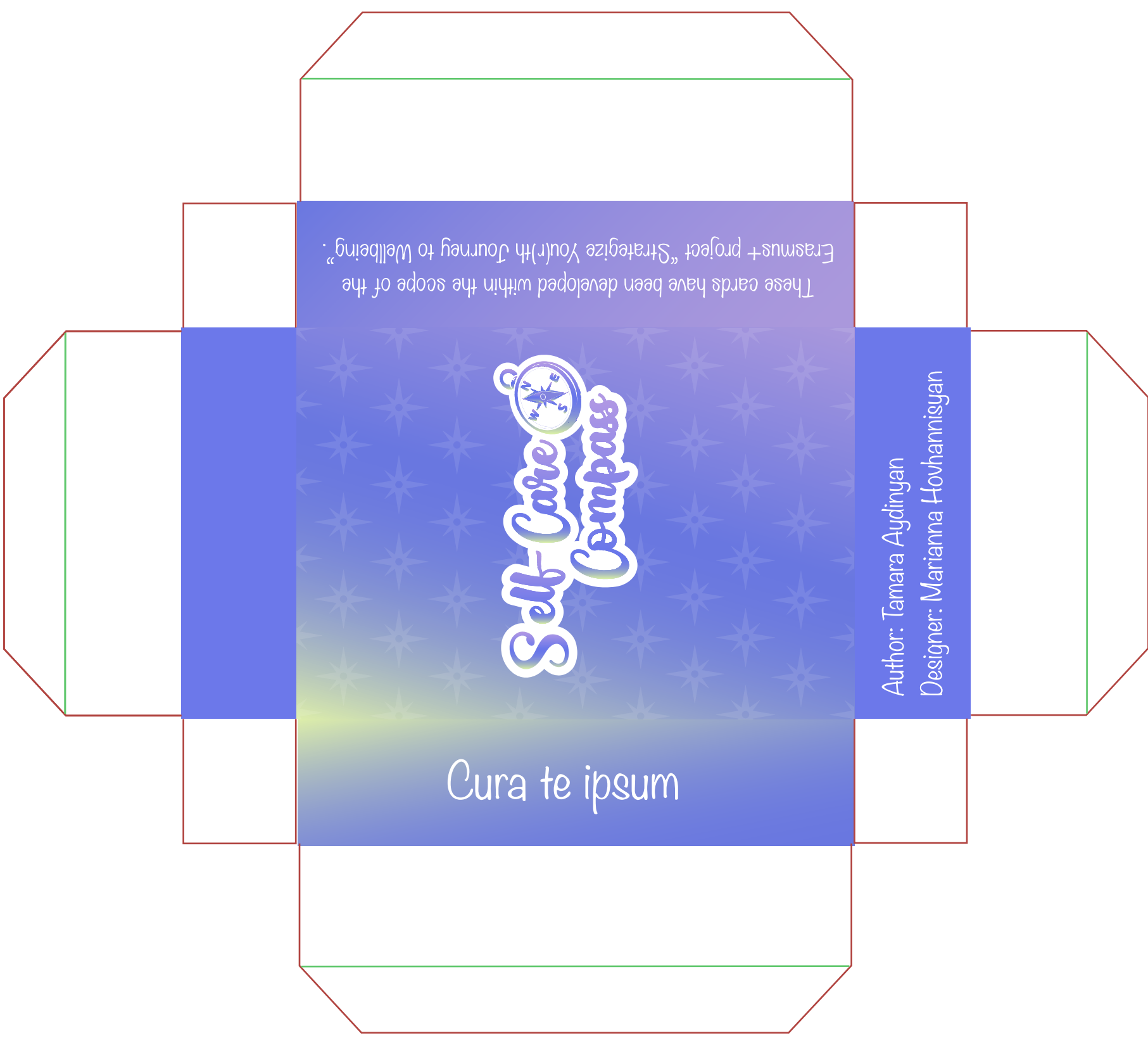






I eat regularly
(e.g. breakfast, lunch and
dinner)



I eat healthy



I exercise
(gym, yoga, pilates, martial
arts etc.,)



I get regular medical care for
prevention



I get medical care when
needed



I take time off when needed
or I am sick



I get massages or other
physical self care to relax



I engage in physical activities
that I enjoy (dancing
swimming , walking , running)



I prioritize sexual well-being as
part of my self-care routine



I get enough sleep



I wear clothes I feel
comfortable with



I take vacations



I take day trips or
mini-vacations



I pay attention to my breathing



I spend time with people
whose company I enjoy



I stay in contact with
important people in my life



I praise myself and feel proud
of myself



I treat myself kindly (for
example, by using supportive
inner dialogue or self-talk)



I love myself



I re-read favorite books,
re-view favorite movies



I know about my comforting
activities, objects, people,
relationships, places and seek
them out



I allow myself to cry



I find things that make me
laugh



I create time for play



I make time for self-reflection



I go to see a psychotherapist or
counselor if I feel I need a one



I keep a diary or write a
journal



I take actions to decrease
stress in my life



I am attentive to my inner
experiences, my dreams,
thoughts, and feelings



I read literature unrelated to
work or study



I do something at which I am a
beginner



I am open to learn from others



I am being curious



I try to start a new hobby



I learn a new language



I visit museums, exhibitions and
art events



I explore new cultures



I set intellectual challenges



I share my knowledge with
others



I make time for a prayer, or
meditation and reflection



I spend time in nature



I am open to inspiration



I am aware of intangible
(non-material) aspects of life



I am open to mystery and
not-knowing



I know what is meaningful to
me and notice its place in my
life



I express gratitude



I celebrate milestones with
rituals that are meaningful to
me



I remember and memorialize
loved ones who passed away



I nurture others



I listen to the sounds of
silence



I contribute to or participate in
the causes I believe in



I schedule regular dates with
my partner or spouse



I make time to see friends



I call, check on, or visit my
relatives



I spend time with my pets



I stay in contact with faraway
friends



I make time to reply to
personal emails and letters;
send holiday cards



I allow others to do things for
me



I enlarge my social circle when
I feel I need it



I ask for help when I need it



I share a fear, hope, or secret
with people I trust



I express my boundaries when
needed



I balance my workload so that
no particular day is 'too
much!'



I arrange my workspace to
make it comfortable and
comforting



I negotiate for my needs at
workplace, such as benefits
and pay raises



I say no to extra responsibilities



I let others know different
aspects of me





I do this regularly

I do this from
time to time

I do this rarely or
not at all