

MY SELF-CARE NOW

	DAILY	2-3X WEEK	1X WEEK
1)			
2)			
3)			
4)			
5)			

MY SELF—CARE NOW: HOW TO

AS YOU KNOW, TAKING CARE OF YOURSELF IS CRUCIAL TO THE REST OF LIFE FEELING AND BEING SUSTAINABLE. WHEN IN DOUBT ABOUT WHETHER SELF—CARE IS REALLY IMPORTANT OR NOT THINK OF WHAT THEY TELL YOU TO DO ON AN AIRPLANE; "PUT ON YOUR OWN MASK FIRST, THEN HELP THE PERSON SITTING NEXT TO YOU". THIS IS NOT SELFISH. THEY TELL YOU THAT, BECAUSE YOU LITERALLY CAN'T DO ANYTHING ELSE INCLUDING HELPING OTHERS, IF YOU AREN'T BREATHING.

THIS SELF—CARE CHART HAS BEEN MODIFIED TO REFLECT A SHORTER AMOUNT OF TIME, AS WE ARE LIVING ONE WEEK (OR DAY) AT A TIME RIGHT NOW AND PLANNING IS DIFFICULT.

SINCE WE ARE SO ORIENTED TO TIME, ESPECIALLY AS PARENTS, THIS CHART IS DESIGNED FOR YOU TO THINK ABOUT YOUR SELF—CARE AS IT RELATES TO TIME (I.E. DAILY, MULTIPLE X/WK, 1X/WEEK).

START WITH YOUR DAILY LIST. ASK YOURSELF, "WHAT DO I NEED EVERY DAY TO FEEL LIKE I'VE TAKEN PRETTY GOOD CARE OF MYSELF?" THEN START WRITING DOWN THOSE ANSWERS. GET AS BASIC AS NECESSARY, DEPENDING ON WHERE YOU ARE IN YOUR LIFE (I.E. A BRAND NEW MOM'S DAILY CHART WILL LIKELY LOOK DIFFERENT THAN A MOM OF A 1 YEAR OLD.) ONCE YOU HAVE A HANDFUL OF ACHIEVABLE DAILY SELF— CARE ITEMS, MOVE TO MULTIPLE X/ WEEK, THEN 1X/ WEEK. THIS CHART IS PERSONAL AND UNIQUE TO YOU, WHAT SOMEONE ELSE HAS ON THEIR LIST DOESN'T MATTER. YOUR LIST IS WHAT MAKES SENSE FOR YOU RIGHT NOW.

THIS IS LIVING DOCUMENT. REVISIT THIS OFTEN TO CHANGE AND SHIFT THINGS, AS YOUR NEEDS AND CIRCUMSTANCES CHANGE.

****NO JUDGMENT, NO PERFECTIONISM. JUST VULNERABILITY, COMPASSION AND STRIVING. IF IT DIDN'T HAPPEN TODAY, IT'S OKAY. TRY AGAIN TOMORROW.****