

## **Intentional Self-Care**

It's easy to get caught up in schoolwork, job work, extracurriculars, time with family and friends, and other weekly obligations. Sometimes it feels like we don't have enough time to step back and take care of ourselves. Self-care is crucial to not feeling burnt out by everything else we have going on in our lives. It's important to be thoughtful and intentional when making time for self-care. It doesn't have to take a lot of time; it can be small things that fill your cup or keep you grounded. This can look like setting aside time to read your favorite book, catching up with a friend, grabbing an iced coffee and sitting in the park, or lying down and doing absolutely nothing. Whatever your preferred method of self-care, make time for yourself throughout the week. Consider the following questions and visit the [Active Minds self care page](#) for some helpful tips and healthy practices when reflecting on your own self care.

**How would you describe your time management now? Do you feel good about how you divide your time, or do you feel like there are areas for growth in your schedule?**

**What does self-care look like to you, and how do you work moments for self-care into your week now? Make a list of things that bring you joy throughout the week, and reflect on some practices or activities that you would like to begin including in your week as well.**

**If you struggle to make time for yourself, where are some places you can begin to set boundaries? In what ways can you remind yourself to be intentional with self-care so you can avoid burnout in the future?**

**Make a copy or a sample of your week and begin mapping places for space and self-care. If you would like to, please feel free to use this Self Care Outline to guide your reflection.**

**Think about your weekly schedule. Are you creating space for self-care? Use the prompts below to help you in planning your self-care routine.**

Make a list of at least five self-care practices that keep you well.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Make a list of at least three people you know who can support you in these self-care practices.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

Make a list of at least five things that trigger stress or make it hard to practice self-care.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Make a list of at least three ways you can reset when you find yourself falling off your self-care plan.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

What are my self-care goals for the next three months? For the next six months? For the next twelve months?

---

---

---

---

---

---

---