

Self-Care Flow Chart

EagerSocialWorker.com

PHYSICAL Self-Care

STEP 1: Have I eaten in the last 3-4 hours?
If no, try and get some food.

STEP 2: Have I drank water in the last 3-4 hours?
If no, drink some water and avoid dehydrating drinks like coffee.

STEP 3: Is something physically wrong?
If yes, try to care for it (ie. see a doctor, sleep, ice pack, take pain reliever).

STEP 4: Have I gotten up and moved around in the past hour?
If no, try and move around (if able).

Basic Needs Met? Next Level!

EMOTIONAL Self-Care:
Watch something funny, have a good cry, watch a feel-good movie

SOCIAL Self-Care: Hug, spend time with loved ones, call someone, end an unhealthy relationship

ENVIRONMENTAL Self-Care: Add something pretty to your room, go outside, clean

COGNITIVE Self-Care:
Journal, practice affirmations, write down accomplishments

These Seem Complete? Next Level! (Optional)

SPIRITUAL Self-Care:
Pray, meditate, watch online sermons, go to church, go in nature

INTELLECTUAL Self-Care: Learn a new skill or language, read a book, watch a documentary

PROFESSIONAL or ACADEMIC Self-Care:
Study, take a training, update your resume

FINANCIAL Self-Care:
Budget, speak to a financial advisor, learn about financial terms