

Mind, Body, & Me



When assessing your own self-care. It is sometimes difficult to understand what needs to be done to take good care of ourselves. Often, people don't really know what kinds of things make them feel rested, restored, and happy. Learning to understand what helps you feel and be your best is some important work that will improve your self-respect, self-esteem, and self-worth.

It may be helpful to start by doing an assessment of your mind, body, and me. The categories serve as reminders to tend to your whole self. When we create a self-care plan, we want to consider the variety of physical, social, and emotional needs a human has.

Mind

- Connect with meaning
- Connect socially
- Go to therapy
- Learn something new
- Connect with spirituality
- Avoid substance use/abuse
- Breaks between meetings
- Focus on strengths and positives
- Time in nature
- Meditate

Body

- Get adequate sleep
- Exercise
- Hydrate
- Balanced Diet
- Preventative care
- Follow doctor's orders
- Treat illness
- Rest
- Respect limits
- Take medication as prescribed

Me

- Volunteer/ connect with community
- Set personal boundaries
- Stop saying "yes" when you want to say "no"
- Journal
- Find time daily for things you enjoy
- Connect with friends
- Ask for/ accept help
- Connect with emotions
- Engage in hobbies
- Engage in meaningful work
- Manage finances
- Safe and stable housing