

Your Roadmap to Self-Care

The On-Ramp



Physical

When we take care of our bodies, we think and feel better

Questions For You

- Enough sleep?
- Enough fuel?
- Taking charge of health?
- Enough exercise?



Social

Socialization is key; make time for family and friends

Questions For You

- Enough face-to-face time?
- Nurturing healthy relationships?
- What's on your calendar?



Mental

How we think & what we do to keep our minds sharp

Questions For You

- Practicing self-compassion?
- Making time for mental stimulation?
- Proactively doing things to stay mentally healthy?



Spiritual

Anything that fosters deeper sense of meaning

Questions For You

- Participating in spiritual activities that bring you a sense of fulfillment?
- Allowing yourself space to explore questions about meaning, purpose, or values?
- Participating in activities that help you feel fulfilled & hopeful?



Emotional

How we can recognize & express our feelings safely

Questions For You

- Using constructive methods to manage emotions?
- Integrating activities into your routine that rejuvenate you?

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Pick an area and jump on that on-ramp to self-care! As you review the questions in your chosen area, consider the self-care action items. They're included here for your use.

Self-Care Action Items

1. Assess needs

Where do you want to do better?

2. Consider challenges

What most often causes you to fall short of your goals?

3. Devising Strategies

What strategy can you devise so you can succeed?

4. Planning for Challenges

Challenges to plans will often arise. How will you push through?

5. Take small steps

What small steps can you take to move incrementally forward?

6. Scheduling time to focus on me

What extra fun or necessary things might you do to really commit to caring for yourself in this area?

My Personal Action Plan
