

WAYS TO NOURISH MYSELF

Let the healing begin!

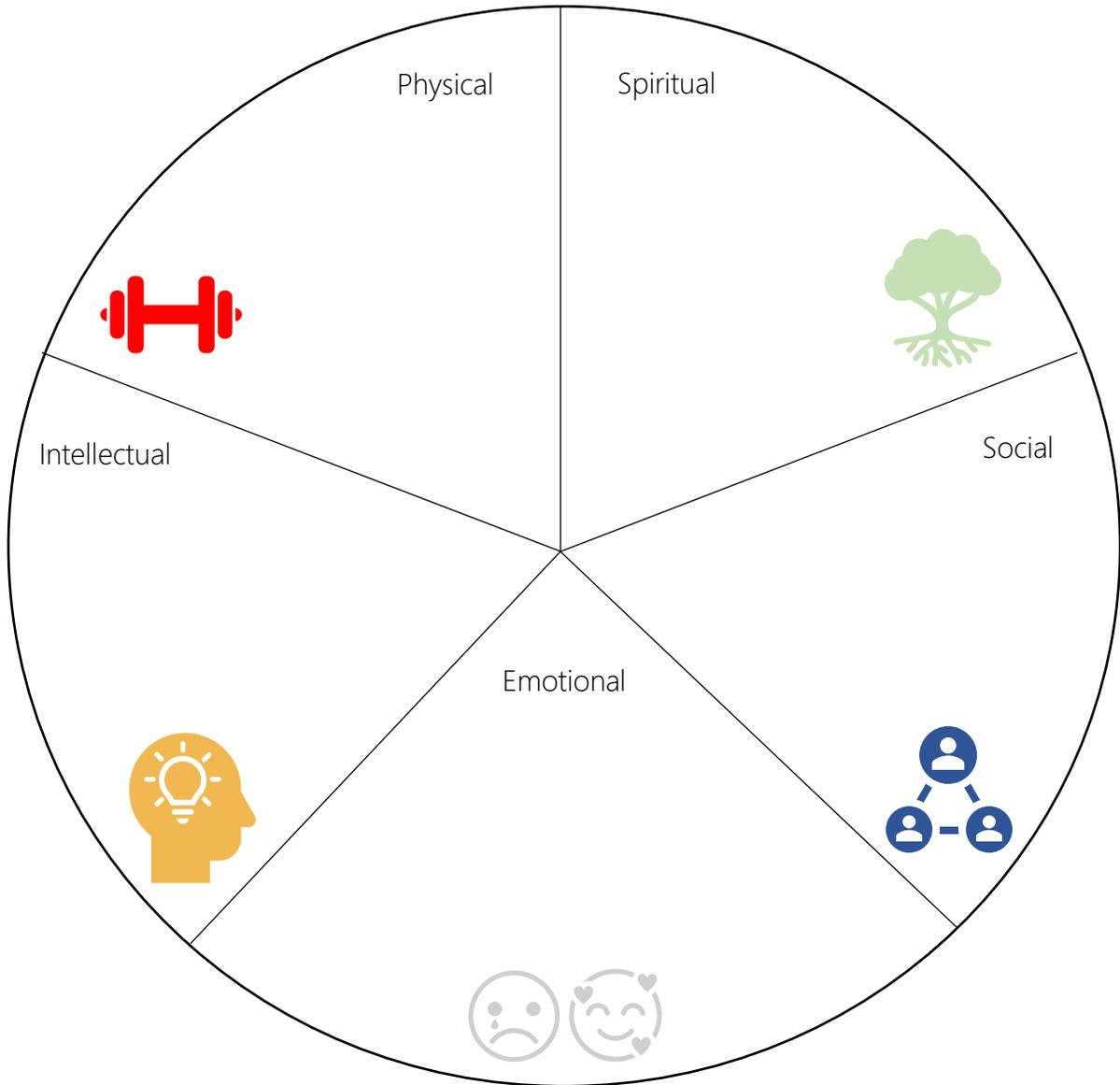
Check “**nourishments**” that you would be willing to commit to do in the next month. Add any ways not listed on the blanks provided.



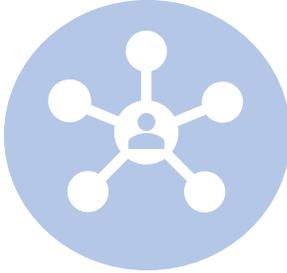
- Get involved in something new (Take a class, etc.)
- Write in a journal
- Call or zoom a friend
- Take a long warm bath and light a candle
- Listen to music and/or dance
- Read or listen to audiobooks
- Work in the garden or get outdoors
- Resume this activity: _____
- Visualize your best future. What steps do you need to take to make them a reality?
- Morning refreshers
- Evening de-stressors
- Shave off your plate
- Mental health check (physical, dental, medical)
- Practice assertiveness vs aggressiveness
- Do a craft or hobby
- Exercise (try four times a week, if not daily)
- Meditate or Pray
- Practice yoga
- Go to a place of worship
- Go to a movie, even if I cry
- Go to a museum
- Care for a pet
- Volunteer _____
- Release the tension: progressive muscle relaxation
- Understand self-care
- Tap into spirituality (religious or non-religious)
- Explore obstacles; grow and learn from them
- Take small steps to improving something in your life
- Offer or ask for a hug
- Search for meaning and purpose
- List 5 appreciations for every negative complaint
- _____
- _____
- _____
- _____

Self-Care Domains

In each domain, list the activities you are doing to build your inner strength.



MY SUPPORT NETWORK



One supportive person does not usually meet every one of our needs. Fill in the names of the people who fit the roles below. You can duplicate the names if they fit multiple roles, and you can list several names for a single role in the second column. **Skip those that do not apply.**

ROLE	Who can I turn to for this role?
Share problems	
Talk about the loss	
Give good advice	
Energize me	
Have a fun time	
Accept me as I am	
Try something adventuresome	
Keep me busy/distracted	
Provide reassurance	
Relax with me	
Meditate with me	
Enjoy a good laugh	
Appreciate the outdoors and nature	
Discuss family issues	
Take a walk or hike	
Go shopping or hangout to relax	
Study or join a bookclub	
Tell me the truth even if I don' t like it	
Workout or exercise	
Have a peaceful or enjoyable lunch	
Disagree with me when necessary	
Share my spiritual life	
Help with errands or chores	
Help with a much-needed break	
Get a fresh perspective	
Help with my finances	
Pray with/for me	