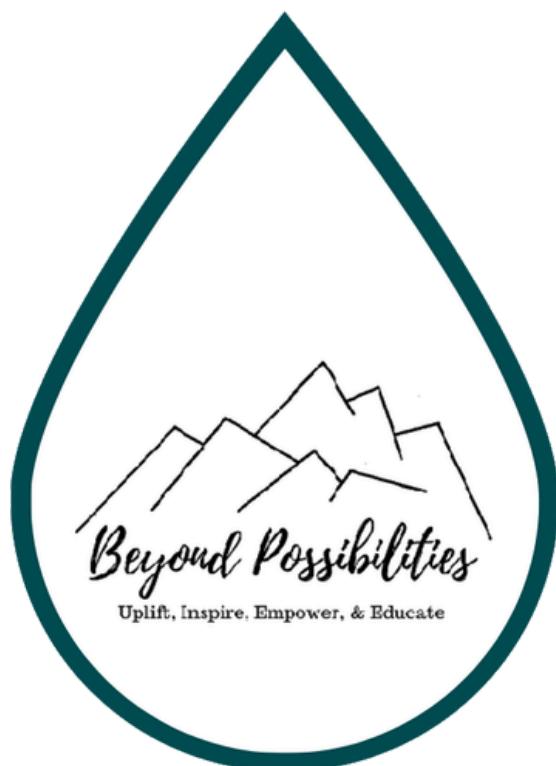


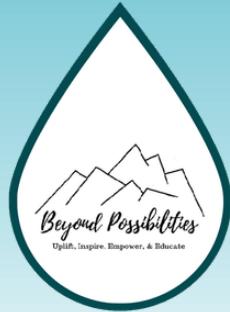
SELF CARE

Journal



SELF CARE

Journal



Spend time daily focusing on one or more ways you can take care of yourself. Self-care is fuel for my mind, body and spirit, and honoring it allows you to live fully.

Print off pages 12-14 Multiple time or use a separate notebook to do your daily tracking.

This Book Belongs To



SELF-CARE IS NOT SELFISH—IT IS FOUNDATIONAL. IT IS THE FUEL THAT SUPPORTS YOUR MIND, BODY, AND SPIRIT, ALLOWING YOU TO SHOW UP FULLY IN YOUR LIFE RATHER THAN RUNNING ON EMPTY. WHEN YOU HONOR YOUR NEED FOR REST, NOURISHMENT, CONNECTION, AND REGULATION, YOU ARE NOT TAKING AWAY FROM OTHERS—YOU ARE STRENGTHENING YOUR CAPACITY TO LOVE, SERVE, CREATE, AND HEAL. SELF-CARE IS AN ACT OF WISDOM, STEWARDSHIP, AND SELF-RESPECT.

AS YOU MOVE THROUGH THIS JOURNAL, YOU ARE INVITED TO CHOOSE SELF-CARE THAT TRULY SUPPORTS YOU. NOT EVERY PRACTICE WILL FIT EVERY SEASON, AND THAT IS OKAY. THE MOST EFFECTIVE SELF-CARE IS PERSONAL, GENTLE, AND RESPONSIVE TO WHAT YOUR BODY, EMOTIONS, AND SPIRIT ARE ASKING FOR RIGHT NOW. THIS JOURNAL IS DESIGNED TO HELP YOU NOTICE THOSE NEEDS, RESPOND WITH COMPASSION, AND BUILD RHYTHMS THAT RESTORE RATHER THAN DEPLETE.

TO HELP YOU BEGIN, YOU'LL FIND A LIST OF 100 SELF-CARE IDEAS THAT SUPPORT PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL WELL-BEING. USE THEM AS INSPIRATION—NOT OBLIGATION. CIRCLE WHAT FEELS NOURISHING, TRY ONE SMALL PRACTICE AT A TIME, AND ALLOW YOUR DEFINITION OF SELF-CARE TO EVOLVE. THERE IS NO RIGHT PACE, ONLY THE NEXT SUPPORTIVE STEP.



PHYSICAL SELF-CARE (BODY SUPPORT)

1. DRINK A FULL GLASS OF WATER UPON WAKING
2. STRETCH FOR 5-10 MINUTES
3. TAKE A MINDFUL WALK OUTDOORS
4. PRACTICE GENTLE YOGA OR MOBILITY WORK
5. PREPARE A NUTRIENT-DENSE MEAL
6. EAT WITHOUT DISTRACTIONS (NO PHONE, NO TV)
7. PRIORITIZE 7-9 HOURS OF SLEEP
8. ESTABLISH A CONSISTENT BEDTIME ROUTINE
9. TAKE A WARM BATH OR SHOWER
10. USE DRY BRUSHING OR LYMPHATIC MASSAGE
11. SPEND TIME IN SUNLIGHT EARLY IN THE DAY
12. PRACTICE DEEP BELLY BREATHING
13. REDUCE CAFFEINE INTAKE FOR ONE DAY
14. MOVE YOUR BODY IN A WAY THAT FEELS JOYFUL
15. REST WITHOUT GUILT
16. PRACTICE POSTURE AWARENESS
17. SCHEDULE OVERDUE MEDICAL OR WELLNESS APPOINTMENTS
18. NOURISH YOUR BODY WITH WHOLE FOODS
19. REDUCE SUGAR OR ULTRA-PROCESSED FOODS FOR THE DAY
20. LISTEN TO CALMING MUSIC WHILE RESTING
21. TAKE A TECH-FREE EVENING
22. SUPPORT DIGESTION WITH MINDFUL EATING
23. TRY GROUNDING BAREFOOT ON GRASS OR SOIL
24. STRETCH BEFORE BED
25. USE HEAT OR COLD THERAPY FOR SORE MUSCLES



MENTAL & EMOTIONAL SELF-CARE (MIND + NERVOUS SYSTEM)

1. JOURNAL FREELY FOR 10 MINUTES
2. WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR
3. NAME AND VALIDATE YOUR EMOTIONS
4. PRACTICE SELF-COMPASSION INSTEAD OF SELF-CRITICISM
5. LIMIT NEGATIVE NEWS CONSUMPTION
6. SET ONE CLEAR BOUNDARY
7. SAY "NO" WITHOUT EXPLANATION
8. PRACTICE MINDFULNESS OR MEDITATION
9. CHALLENGE UNHELPFUL THOUGHT PATTERNS
10. TAKE A BREAK FROM MULTITASKING
11. CREATE A CALMING MORNING ROUTINE
12. SCHEDULE TIME FOR CREATIVITY
13. READ SOMETHING UPLIFTING
14. PRACTICE POSITIVE SELF-TALK
15. DECLUTTER ONE SMALL SPACE
16. IDENTIFY EMOTIONAL TRIGGERS
17. PRACTICE EMOTIONAL REGULATION BREATHING
18. RELEASE PERFECTIONISM FOR THE DAY
19. ALLOW YOURSELF TO FEEL WITHOUT FIXING
20. ASK FOR HELP OR SUPPORT
21. REFLECT ON WHAT DRAINS VS. FUELS YOU
22. TAKE A SOCIAL MEDIA BREAK
23. LAUGH INTENTIONALLY
24. PRACTICE PATIENCE WITH YOURSELF
25. CELEBRATE SMALL WINS



Y SPIRITUAL & SOUL CARE (CONNECTION + MEANING)

1. SPEND QUIET TIME IN PRAYER OR REFLECTION
2. PRACTICE GRATITUDE AS A DAILY RITUAL
3. SET INTENTIONS FOR THE DAY
4. CONNECT WITH NATURE INTENTIONALLY
5. READ SPIRITUAL OR INSPIRATIONAL MATERIAL
6. PRACTICE FORGIVENESS (OF SELF OR OTHERS)
7. SIT IN SILENCE FOR A FEW MINUTES
8. CREATE A SACRED OR CALMING SPACE
9. LIGHT A CANDLE WITH INTENTION
10. PRACTICE MINDFUL BREATHING WITH PURPOSE
11. REFLECT ON PERSONAL VALUES
12. ASK YOURSELF WHAT YOUR SOUL NEEDS TODAY
13. PRACTICE SURRENDER AND TRUST
14. ENGAGE IN ACTS OF KINDNESS
15. LISTEN TO SPIRITUALLY UPLIFTING MUSIC
16. SPEND TIME ALONE WITHOUT DISTRACTION
17. PRACTICE GROUNDING OR CENTERING EXERCISES
18. MEDITATE ON PEACE OR LOVE
19. ALIGN ACTIONS WITH INNER VALUES
20. PRACTICE GRATITUDE JOURNALING
21. RELEASE WHAT NO LONGER SERVES YOU
22. REFLECT ON PERSONAL GROWTH
23. PRACTICE STILLNESS INSTEAD OF CONSTANT DOING
24. CONNECT WITH A FAITH OR SPIRITUAL COMMUNITY
25. EXPRESS REVERENCE FOR LIFE
26. PRACTICE INTENTIONAL BREATHING
27. SPEAK AFFIRMATIONS ALOUD
28. HONOR REST AS SACRED
29. REFLECT ON PURPOSE AND MEANING
30. CULTIVATE HOPE



INTEGRATIVE & LIFESTYLE SELF-CARE (WHOLE-LIFE BALANCE)

1. CREATE A DAILY RHYTHM THAT SUPPORTS YOU
2. PLAN NOURISHING MEALS FOR THE WEEK
3. SIMPLIFY YOUR SCHEDULE
4. ALIGN YOUR ENVIRONMENT WITH CALM
5. PRACTICE WORK-LIFE BOUNDARIES
6. INVEST IN PERSONAL GROWTH
7. SPEND QUALITY TIME WITH LOVED ONES
8. PRACTICE INTENTIONAL LISTENING
9. MAKE SPACE FOR JOY
10. REVIEW GOALS WITH COMPASSION
11. PRACTICE PRESENCE DURING DAILY TASKS
12. ENGAGE IN HOBBIES THAT REFILL YOU
13. REFLECT WEEKLY ON LESSONS LEARNED
14. HONOR YOUR BODY'S SIGNALS
15. PRACTICE CONSISTENCY OVER INTENSITY
16. RELEASE COMPARISON
17. CHOOSE PROGRESS OVER PERFECTION
18. CREATE MARGIN IN YOUR DAY
19. RECONNECT WITH WHAT BRINGS PEACE
20. COMMIT TO SELF-CARE AS A LIFESTYLE, NOT A LUXURY

SELF-CARE ADAPTATIONS BY NEED



STRESS SUPPORT

GOAL: CALM THE NERVOUS SYSTEM, REDUCE CORTISOL, RESTORE REGULATION

KEY FOCUS AREAS

- SENSORY REGULATION
- BREATH + BODY AWARENESS
- SIMPLICITY OVER PRODUCTIVITY

SUPPORTIVE SELF-CARE PRACTICES

- SLOW, INTENTIONAL BREATHING (4-6 OR BOX BREATHING)
- SHORT WALKS OUTDOORS (ESPECIALLY SUNLIGHT EXPOSURE)
- REDUCING DECISION FATIGUE (SIMPLIFY MEALS, CLOTHES, SCHEDULE)
- LIMITING OVERSTIMULATION (NOISE, SCREENS, MULTITASKING)
- GENTLE STRETCHING INSTEAD OF INTENSE WORKOUTS

ESSENTIAL OIL SUPPORT (AROMATIC OR TOPICAL*)

- LAVENDER – RELAXATION, CALMING
- BERGAMOT – STRESS RELIEF, MOOD BALANCE
- FRANKINCENSE – GROUNDING, NERVOUS SYSTEM SUPPORT
- ADAPTIV BLEND – STRESS MODULATION

EMOTIONAL REGULATION TOOLS

- NAME THE EMOTION WITHOUT JUDGMENT
- BODY SCANNING (“WHERE DO I FEEL TENSION?”)
- ORIENTING EXERCISES (NAME 5 THINGS YOU SEE, 4 FEEL, ETC.)
- PERMISSION TO PAUSE WITHOUT GUILT

GRATITUDE PRACTICE

- “WHAT FEELS SUPPORTIVE RIGHT NOW?”
- ONE SMALL GRATITUDE MOMENT MID-DAY
- GRATITUDE FOR THE BODY'S SIGNALS



🔥 BURNOUT RECOVERY

GOAL: RESTORE ENERGY, BOUNDARIES, AND INTERNAL SAFETY
KEY FOCUS AREAS

- REST AS REPAIR
- BOUNDARY REINFORCEMENT
- REDUCING OUTPUT, INCREASING INPUT

SUPPORTIVE SELF-CARE PRACTICES

- SCHEDULED REST (NON-NEGOTIABLE)
- SAYING NO TO UNNECESSARY COMMITMENTS
- NOURISHING MEALS INSTEAD OF QUICK FIXES
- CREATIVE PLAY WITHOUT OUTCOME
- DELEGATING OR RELEASING TASKS

ESSENTIAL OIL SUPPORT

- PEPPERMINT – MENTAL CLARITY, FATIGUE SUPPORT
- WILD ORANGE – MOTIVATION, EMOTIONAL UPLIFT
- BALANCE BLEND – GROUNDING, STABILITY
- ROSEMARY – FOCUS AND COGNITIVE SUPPORT

EMOTIONAL REGULATION TOOLS

- IDENTIFY “HAVE TO” VS “CHOOSE TO” LANGUAGE
- BOUNDARY JOURNALING (“WHAT AM I OVER-GIVING?”)
- RELEASING PRODUCTIVITY AS WORTH
- REFRAMING REST AS RESPONSIBLE

GRATITUDE PRACTICE

- GRATITUDE FOR REST TAKEN (NOT TASKS COMPLETED)
- GRATITUDE FOR SAYING NO
- GRATITUDE FOR CAPACITY RETURNING



🛡️ TRAUMA-INFORMED SELF-CARE

GOAL: SAFETY, REGULATION, CHOICE, AND EMPOWERMENT

(TRAUMA CARE IS ABOUT PACING, NOT PUSHING)

KEY FOCUS AREAS

- NERVOUS SYSTEM SAFETY
- CHOICE AND CONSENT
- PREDICTABILITY AND GROUNDING

SUPPORTIVE SELF-CARE PRACTICES

- GENTLE ROUTINES WITH FLEXIBILITY
- GROUNDING THROUGH PHYSICAL SENSATION
- SHORT, FREQUENT REGULATION BREAKS
- SAFE MOVEMENT (WALKING, ROCKING, STRETCHING)
- LIMITING EMOTIONAL OVERWHELM

ESSENTIAL OIL SUPPORT

- FRANKINCENSE – GROUNDING, EMOTIONAL SUPPORT
- COPAIBA – CALMING, NERVOUS SYSTEM SUPPORT
- VETIVER – DEEP GROUNDING
- YLANG YLANG – SOOTHING EMOTIONAL TENSION

EMOTIONAL REGULATION TOOLS

- TITRATION (SMALL STEPS, NOT FULL EXPOSURE)
- SELF-SOOTHING THROUGH TOUCH OR SCENT
- ORIENTATION TO PRESENT MOMENT
- CHOICE-BASED SELF-TALK ("I CAN STOP ANYTIME")

GRATITUDE PRACTICE (VERY GENTLE)

- GRATITUDE FOR SURVIVAL
- GRATITUDE FOR SAFETY IN THE PRESENT MOMENT
- GRATITUDE FOR THE BODY'S RESILIENCE

TRAUMA-INFORMED GRATITUDE FOCUSES ON SAFETY AND AGENCY, NOT POSITIVITY.



† FAITH-BASED WELLNESS

GOAL: ALIGNMENT WITH GOD, TRUST, SURRENDER, AND PURPOSE

KEY FOCUS AREAS

- STILLNESS AND REFLECTION
- TRUST OVER STRIVING
- IDENTITY BEYOND PRODUCTIVITY

SUPPORTIVE SELF-CARE PRACTICES

- PRAYER AND QUIET REFLECTION
- SCRIPTURE MEDITATION
- SABBATH REST PRINCIPLES
- INTENTIONAL GRATITUDE
- ACTS OF SERVICE WITHOUT DEPLETION

ESSENTIAL OIL SUPPORT

- FRANKINCENSE – PRAYER, MEDITATION
- MYRRH – REFLECTION, GROUNDING
- SPIKENARD – SURRENDER, REVERENCE
- CEDARWOOD – STABILITY AND TRUST

EMOTIONAL REGULATION TOOLS

- RELEASING CONTROL THROUGH PRAYER
- NAMING EMOTIONS BEFORE GOD
- REFRAMING IDENTITY THROUGH FAITH
- TRUST-BASED AFFIRMATIONS

GRATITUDE PRACTICE

- GRATITUDE AS WORSHIP
- THANKFULNESS DURING PRAYER
- GRATITUDE JOURNALING ALIGNED WITH SCRIPTURE



DAILY SELF-CARE CHECK-IN

(There is no right or wrong way to use this page. Skip what doesn't feel supportive.)



AM CHECK-IN

Mark what fits today

Area	1	2	3	4	5	6	7	8	9	10
Energy	■	■	■	■	■	■	■	■	■	■
Stress	■	■	■	■	■	■	■	■	■	■
Mood	■	■	■	■	■	■	■	■	■	■
Connection	■	■	■	■	■	■	■	■	■	■

PM CHECK-IN

Reflect gently—no fixing required

Area	1	2	3	4	5	6	7	8	9	10
Energy	■	■	■	■	■	■	■	■	■	■
Stress	■	■	■	■	■	■	■	■	■	■
Mood	■	■	■	■	■	■	■	■	■	■
Connection	■	■	■	■	■	■	■	■	■	■

REGULATION PRACTICE

What supportive tool did I use today?

- Breathwork
- Grounding
- Movement
- Prayer / Meditation
- Rest
- Journaling
- Time in nature
- Other: _____



⌚ TIME

When and how long did I practice?

- Time of day: Morning Afternoon Evening Night
- Duration: 1-5 min 5-10 min 10-20 min 20+ min

🌿 OIL USED (OPTIONAL)

(Use only if supportive)

🧠 BODY AWARENESS

Before:

Tense Heavy Restless Calm Numb

Other: _____

After:

More relaxed Softer Grounded Neutral Still activated

Other: _____

📝 NOTES / REFLECTION

(Optional – words, feelings, or observations)

“I DON’T HAVE TO CHASE EXTRAORDINARY MOMENTS TO FIND HAPPINESS - IT’S RIGHT IN FRONT OF ME IF I’M PAYING ATTENTION AND PRACTICING GRATITUDE.”

— BRENE BROWN.

