

# Building Resilience – Self-care

*Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.*

## Practicing Self-care

Selfcare is the practice of taking an active role in protecting your own well-being and happiness, especially during periods of stress. Good selfcare is key to improving your mood and reduced anxiety. It can also improve your relationship with yourself and others.

### Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

**Materials you will need:** Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner.

**Goal:** Your goal is to begin a regular selfcare routine. Practice for the next 10 days.

**Start date** \_\_\_\_\_

**Completion date** \_\_\_\_\_

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| <input type="checkbox"/> <b>1. Understand Self-care</b>              | <p><b>Action:</b> Watch <a href="#"><u>Self-care: What It Really Is by Susannah Winters</u></a>.</p>  |
| <input type="checkbox"/> <b>2. Check Your Current Selfcare Needs</b> | <p><b>Action:</b> Take this <a href="#"><u>Selfcare-Check-up</u></a> by Positive Psychology, to get a sense of where you are and where you need to focus.</p>                                       |
| <input type="checkbox"/> <b>3. Learn about Forest Bathing</b>        | <p><b>Action:</b> <a href="#"><u>Listen to this NPR report on Forest Bathing</u></a>. Be sure to stay tuned until the end.</p>  |
| <input type="checkbox"/> <b>4. Develop A Selfcare Routine</b>        | <p><b>Action:</b> Use the Selfcare Worksheet to develop a simple routine that meets your needs.</p>   |
| <input type="checkbox"/> <b>5. Practice selfcare</b>                 | <p><b>Action:</b> Put you selfcare routine into action.</p>   |
| <input type="checkbox"/> <b>6. Reflect on Lessons Learned</b>        | <p><b>Action:</b> In your ALD journal, answer these questions:</p> <ul style="list-style-type: none"> <li>• Why do I need to do selfcare?</li> <li>• When I practice selfcare I feel...?</li> </ul> |

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### Selfcare Routine Planning Worksheet

**Instructions:** After taking steps 1 and 2, print out this sheet and use this worksheet to develop your selfcare routine. Next, make a list of the selfcare actions you found interesting and doable. Decide which days and times you will do each. Each day that you do them, put an x in one of the 30-day check in boxes.

PREFERRED SELFCARE METHODS	BEST TIMES OF DAY TO PRACTICE	30-DAY CHECK IN									
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Spend time in nature, Forest Bathing		<table border="1" style="float: right;"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table>									
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