

# Self-Care Practice

	Daily	Weekly	Monthly	Quarterly	Annually
Physical					
Emotional					
Mental					
Spiritual					
Social					
Professional					

## **Self-Care Worksheet**

- **What does it feel like when I am not taking care of myself?**
  
- **What are my warning signs and signals?**
  
- **How do I know when it's time to take action to care for myself?**
  
- **What do you do for self-care?**
  
- **Consider the six domains of self-care (physical, emotional, mental, spiritual, social, professional):**
  - **What are you already doing well?**
  
  
  - **What areas need more attention?**