Self-Care Awareness Resource Sheet

Food

Food is all about what you are feeding your body. You have autopilot foods you grab when you are stressed, for me I like chips. However, this is not a fast, healthy choice to balance my blood sugar levels. Instead, I need to be looking for healthy fats and protein sources.

Feelings

Feelings is all about your emotional health. and how you are view things in your life. When you are dealing with the feeling component of self-care you are looking at why you may be feeling unsettled or upset. When you are emotionally unsettled you tend to be more reactive and intense. Take the time to reflect on things that help you relax and find more calm.

Family/Friends

Family/Friends is all about how connected you feel and that you feel part of something. All people have a basic human need of being included. If you are feeling disconnected reflect on different ways you could shift this feeling of disconnectedness and instead feel part of something you value.

Fitness

Fitness is all about our physical body. This is taking a look at how you are moving your body and getting in some exercise. It also looks at your sleeping "fitness" and how you are sleeping. When you are lacking in sleep or you haven't moved your body enough you will tend to be more reactive and unsettled.

© Cindy Boyum