

PRIORITIZING SELF-CARE

When we have a lot on our plates or we are facing mental health challenges, it can feel easy to push our own needs to the side. However, making time for ourselves is essential to our overall well-being. Use this worksheet to help you better understand what is holding you back from taking time for yourself and your needs.

WHAT ARE SOME THINGS THAT WOULD MAKE YOU FEEL BETTER, BUT YOU CANNOT SEEM TO DO?

Write out some thoughts and expectations that are preventing you from doing the self-care that you need. Don't worry about whether these thoughts or expectations are true. Instead, write down anything that comes to mind.

THOUGHTS

Examples: I don't have time; my needs don't matter

1.

2.

3.

EXPECTATIONS

Examples: I should be better at __; I would do __ if it helped me

1.

2.

3.

Pick one thought or expectation from either list above and re-write it here.

THOUGHT OR EXPECTATION

Focusing in on this specific thought or expectation, answer the following questions.

WHERE DOES THIS THOUGHT, OR EXPECTATION COME FROM? WHO SETS IT?

HOW DOES IT GET IN THE WAY OF TAKING CARE OF YOURSELF?

Now that you have answered the questions above, rewrite this thought so that it supports you and your self-care needs.

NEW THOUGHT OR EXPECTATION

Examples: If I do __ I may feel better; It is ok to take time for myself

While we only worked through one thought, we can use this process to evaluate how our negative thoughts and expectations prevent us from taking care of ourselves regularly. On a separate sheet of paper, follow these same steps with the other thoughts and expectations you listed in the first set of boxes.