CAREGIVERS SAFE SPACE®

Caring for those who care for others.

You Matter Too ♡

Self-Care PLANNER

SMALL STEPS. BIG IMPACT.

Name: _____

Date: _____

Today I choose: _____

_____

CHOOSE WHAT FILLS YOUR CUP

Select the self-care activities you can commit to this week.

MIND & SPIRIT

- ☐ Pray or meditate
- ☐ Take deep breaths (5 minutes)
- ☐ Read something uplifting
- ☐ Listen to gospel music
- ☐ Journal my thoughts
- ☐ Practice gratitude
- ☐ Set a positive intention
- ☐ Say "no" without guilt
- ☐ Spend time in nature
- ☐ Connect with a friend
- ☐ Attend a support group

BODY & WELLNESS

- ☐ Drink more water
- ☐ Eat a nutritious meal
- ☐ Take a short walk
- ☐ Stretch or do light exercise
- ☐ Get enough sleep
- ☐ Take a break from screens
- ☐ Enjoy a warm bath or shower
- ☐ Try herbal tea
- ☐ Do something I enjoy
- ☐ Schedule a checkup
- ☐ Take my medications

REFLECTION ♡

How will I take care of myself this week?

_____

_____

_____

A healthier you means a stronger tomorrow. ♡

NOTES

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Rest. Reset. Renew. ♡

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www.caregiverssafespace.org

SELF-CARE IS NOT SELFISH. IT'S ESSENTIAL. ♡