

The Self-Care Menu

If you're feeling tired, burned out, or emotionally depleted, it can be hard to figure out what you need. That's why the self-care menu exists — this is your list of options for things you can try. It's here when you need it, to help you decide what's best in the moment.

Types of self-care

Below are four basic types of self-care, plus a blank category for whatever you wish. Start by filling in each type with any activities that you know will bring you calm, joy or energy replenishment. When you are feeling in need of self-care, refer to this custom menu of options to see what might feel good. You may find that you need different types of self-care at different times or for different reasons.



Physical

Releasing physical stress & tension; taking care of the body



Social

Connecting with others, setting boundaries, creating bonds



Reflective

Being present in the moment; creating time and space to think



Emotional

Understanding your feelings and processing them



Questions to ask yourself after any self-care activity:

- How was doing this useful to me?
- Was this what I needed right now?
 - If so, what need did I have and how did this help?
 - If not, what might have been better and why?
- Is there anything I want to add or update on my self-care menu?

Example Self-Care Menu

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Physical

Releasing physical stress & tension; taking care of the body

Take a nap
Soak in the tub
Get a massage
Eat something
Gardening



Social

Connecting with others, setting boundaries, creating bonds

Plan an event
Write a card
Call my friend
Volunteer



Reflective

Being present in the moment; creating time and space to think

Journal
Get coached
Review my notes
Meditate



Emotional

Understanding your feelings and processing them

Write, write, write
Make art
Do a body scan - what am I feeling?



Mental

Engage my brain in challenging activity

Do a puzzle
Do technical work
Watch a documentary
Fix something

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