

Create Your 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 an energy boost or pick-me-up, refer to this custom menu of options to see what might feel good for you in that moment.



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



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You may find that you need different types of self-care at different times or for different reasons. That's ok! It's all part of a process to discover what works best for you in varying circumstances.

See the next page for examples, plus self-care aftercare prompts

Example Self-Care Menu



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 it out
Make art
See a funny film
Dance



Mental

Engage my brain in challenging activity

Do a puzzle
Do technical work
Read
Fix something

Self-Care Aftercare

Use these questions to reflect and improve your practice

How was doing this activity 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?

(Go ahead and improve your menu for next time!)

Keep the momentum going!

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Hold That Thought

... 3 WEEKLY INSIGHTS ...
for overthinking creatives

Yes, I want in on this!

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