

Fill in each spot on the self-care map with the number that corresponds with the activity you completed on the back of this handout.

Your goal is to complete at least three self-care activities for each dimension of well-being.

# Physical

- 1. Enjoy a cup of herbal tea
- 2. Take a 20-minute power nap
- 3. Explore how to make fun, fast, and healthy lunches
- 4. Get moving with your favorite form of exercise
- 5. Turn off electronics 30 minutes before bed
- 6. Dance like nobody is watching

# Emotional

- 7. Learn more about counseling through EFR
- 8. Set a boundary or practice saying "no"
- 9. Schedule "me time" on your calendar
- 10. Take a mental health day
- 11. Listen to music that lifts you up
- 12. Say something positive about yourself

# Spiritual

- 13. Express yourself creatively through art, music, or dance
- 14. Attend or observe a religious service or ceremony
- 15. List out your top five values in life
- 16. Practice a form of meditation or mindfulness
- 17. Unplug from technology for half an hour
- 18. Process thoughts and emotions through journaling

# Occupational

- 19. Pack a nutritious and delicious lunch
- 20. Make your lunch break an actual break
- 21. Request a day off from work
- 22. <u>Review</u> your Employee Assistance Program (EAP)
- 23. Start and end your day on time
- 24. Pause between meetings for meditation or deep breathing

# Environmental

- 25. Purchase a plant for your home or office 26. Apply sunscreen when spending more than 20
- minutes in the sun
- 27. Declutter a personal or professional space
- 28. Make your bed first thing in the morning
- 29. Create a comfortable space in your home
- 30. Listen to a podcast about sustainable living

# Intellectual

- 31. Enjoy a puzzle or brainteaser
- 32. Read a book, magazine, or newspaper
- 33. Find a new hobby or pastime
- 34. Watch a documentary or listen to a podcast
- 35. Discover what Life Coaching can do for you
- 36. Visit a museum or science center

# Financial

- 1. Make a budget for the day, week, or month
- 2. Check your bank and savings account balances
- 3. Find and cancel recurring charges you're not using
- 4. Learn about your Financial Consultation benefit
- 5. Make an extra payment towards your debt
- 6. Increase your retirement contribution

# Social

- 7. Cuddle or play with a pet
- 8. Explore the <u>Togetherall platform</u>
- 9. Enjoy an activity with someone
- 10. Give someone a call or video chat
- 11. Go out to eat with family or friends
- 12. Have an uplifting conversation





# EMPLOYEE & FAMILY RESOURCES WELLNESS

