jevs Care at Home

jevsathome.org

Self-care Worksheet & Guide

This worksheet is designed to help you reflect on the areas of your life that bring joy, peace, and support. Use it to identify practices, people, and activities that nourish your well-being. You can then refer to this worksheet whenever you need some self-care.

Hobbies & Interests

What activities bring you joy or help you relax? (e.g., painting, gardening, dancing, playing games)

Physical Self-Care

What do you do to care for your body? (e.g., sleep, nutrition, exercise, rest, hydration)

Emotional & Spiritual Support

What do you do to care for your body? (e.g., sleep, nutrition, exercise, rest, hydration)

Support System

Who do you feel safe talking to about your feelings and experiences? List friends, family, mentors, or professionals.

Things That Help You Re-Center

When you're feeling off balance or overwhelmed, what helps bring you back to calm?

Self-Care Commitment

What is one thing you will do this week to take care of yourself?

Self-care Ideas

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Hobbies & Interests

Fun, creative, or relaxing activities that spark joy and curiosity.

- Paint, draw, or color
- Read or listen to audiobooks
- Write (stories, a blog or journal)
- Garden or care for plants
- Play an instrument or listen to music
- Play or watch sports
- Craft (DIY projects, origami, pottery)
- Bake or explore new recipes
- Travel or take day trips
- Watch films, documentaries, or shows
- Play games or do puzzles
- Go thrifting or antiquing
- Learn a new skill
- Take photos or make videos
- Do calligraphy or hand lettering
- Stargaze or birdwatch
- Explore local parks or museums
- Join a book club or interest group

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Emotional and Spiritual Support

Ways to connect with your inner self, emotions, or spiritual beliefs.

- Journal your thoughts or feelings
- Practice daily gratitude
- Speak to a therapist or counselor
- Meditate or practice mindfulness
- Read spiritual texts or uplifting quotes
- Practice prayer or sacred rituals
- Connect with nature
- Make time for rest and stillness
- Talk with a trusted friend or mentor
- Write letters to your future or past self
- Light candles or incense
- Create affirmations or mantras
- Explore personal growth books/podcasts
- Attend spiritual or religious services
- Listen to calming or inspiring music
- Practice forgiveness (self or others)
- Do energy work (reiki, breathwork)
- Participate in retreats or wellness circles

Self-care Ideas

Physical Self-Care

Caring for your body's basic needs and promoting health.

- Go on nature walks or hikes
- Practice Yoga, Pilates, or stretching
- Drink enough water daily
- Eat nutrient-dense meals
- Get enough sleep (and naps!)
- Do any form of exercise you enjoy
- Rest when your body needs it
- Dance freely to your favorite music
- Book health checkups or dentist visits
- Take relaxing baths or showers
- Use essential oils or diffusers
- Try breathwork or mindful movement
- Schedule regular massages or physical therapy
- Wear clothes that feel good on your body
- Create a calming nighttime routine
- Enjoy quiet moments without screens
- Care for your skin or do a face mask
- Turn off notifications for a few hours

Social Self-care

Intentional ways to connect with others and build meaningful relationships.

- Schedule regular calls with friends or family
- Go out for coffee or meals with someone
- Send check-in texts or voice messages
- Make plans to attend an event together
- Host a casual get-together or game night
- Join a club, class, or group that interests you
- Volunteer in your community
- Write a handwritten note or card to someone
- Practice active listening in conversations
- Ask for help or support when needed
- Set boundaries around social time
- Prioritize time with people who uplift you
- Play games or do hobbies with others
- Share a creative project or idea with someone
- Participate in community events
- Laugh together—shared humor is powerful!

Self-care Ideas

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Re-centering Activities

Ways to ground yourself when you feel overwhelmed.

- Take 5 deep belly breaths
- Do a quick body scan or grounding exercise
- Step outside for fresh air
- Sit quietly with a cup of tea or coffee
- Journal for 5–10 minutes
- Take a break from screens
- Listen to calming sounds (nature, rain, music)
- Do a 5-min. tidy-up of your space
- Say "no" to something non-essential
- Wrap yourself in a cozy blanket
- Repeat a calming mantra or phrase
- Drink water and stretch your body
- Splash cold water on your face
- Take "mindful minute" to pause & reset
- Visualize a calm or happy place
- Connect with your breath or heartbeat
- Watch something light or funny
- Hug a loved one, pet, or stuffed animal

SOURCES: National Council for Mental Wellbeing and the National Council on Mental Health

Apply for open positions with JEVS Care at Home:

jevsathome.org/become-a-caregiver/