

What Are We Talking About?

Section 2

Establishing New Self-Care Habits

Our past message about self-care is just one of a multitude of reasons it can be difficult to establish and maintain healthy self-care habits. But, as we have seen throughout this toolkit, establishing these habits is an important part of living a healthy and happy life. This activity can assist you to identify what prevents you from practicing self-care and to establish new habits that promote self-care.

1. List the self-care habit(s) you are currently using to manage stress and stay healthy:

Ex: I get at least 8 hours of sleep each night.

I ...

- a.
- b.
- c.

2. List the self-care habit(s) you would like to use, but are not currently practicing:

Ex: I want to take a regular yoga class.

I want to ...

- a.
- b.
- c.

3. Identify the obstacles keeping you from practicing these habit(s):

Ex: I am not taking a yoga class because I feel I don't have the time and think it might be expensive.

I want to ...

- a.
- b.
- c.

4. What solutions can you come up with to address the obstacles you listed?

Ex: I could look for discounted or free yoga classes. I could free up time by cutting back on my volunteer work, asking my neighbor to watch my children after school once a week, and sharing the cooking responsibilities with my family.

I could...

- a.
- b.
- c.

5. Take a moment to reread the self-care habit(s) you wrote down for item 2. If you listed multiple, select one you would like to begin practicing and complete the sentences below.

Ex: Today, I commit to taking a weekly yoga class. I want to do this because I want to improve my flexibility, learn a new skill, and have time for myself. I will accomplish this by finding and enrolling in a free or low-cost class and easing up on my commitments and asking for help from others.

Today, I commit to ...

I want to do this because ...

I will accomplish this by ...