



Self Care Daily Reflection

Based on the *Wellbeing Tool Kit Handout*

At the end of each day, reflect on and appreciate the ways you cared for and supported your well being. Use this sheet either as a checklist with notes, or as a wellbeing scale from 0-10 where 0 is wellbeing and 10 is distress.

Close your eyes and bring your awareness inward. Notice your breathing, physical sensations, emotions, and thoughts. Meet what arises in your inner experience with a sense of compassionate witnessing and kindness. Take three slow deep breaths, gently open your eyes, and reflect on your day...

Self Care

- _____ Mindful Nutrition & water:
- _____ Breathing Practice:
- _____ Deep Sleep – last night's sleep:
- _____ Tonight's intention:
- _____ Sunlight, fresh air, & nature:
- _____ Aerobic Exercise:
- _____ Enjoy nature:
- _____ Deep relaxation:
- _____ Mind-Body practice:
- _____ Pleasure & fun:
- _____ Laughter and tears:
- _____ Physical contact:
- _____ Inspiration:
- _____ Health care:
- _____ Other:

Self Inquiry & Expression

- _____ Self Inquiry Journal
- _____ Dream Journal
- _____ Authentic/creative self expression:
- _____ Inspiration:
- _____ Manageable Goals:
- _____ Other:

Interpersonal Care

- _____ Safe-Secure Space with Another
- _____ Authentic connection with:
 - Friend:
 - Family member:
 - Therapist/counselor:
 - Support Group Meeting:
- _____ Community:
- _____ Wise boundaries:
- _____ Pleasure & fun with another:
- _____ Other:

Relating with Thoughts & Feelings

- _____ Safe Secure Space with Yourself
- _____ Self Awareness Practice:
- _____ Window of Tolerance today:
- _____ SUDS level today:
- _____ TICES Journal
- _____ Support for recovery:
- _____ Support with a therapist/counselor:
- _____ Grieving:
- _____ Anger inquiry:
- _____ Outreach to trusted other:
- _____ Other:

Practices

- _____ Mindfulness Meditation:
- _____ Inherent Esteem
- _____ Kindness to self/other
- _____ Tonglen
- _____ Other: