SEDE COUNSELING

FREE COPING SKILLS WORKSHEET

My Self-Care Plan

Self-care is not selfish. Choose one small, realistic step in each area for this week.

Body

Sleep, food, movement, rest

My small step:

Mind

Learning, quiet time, limits on news and screens

My small step:

Emotions

Naming feelings, crying, laughing, journaling

My small step:

Relationships

Family, friends, healthy boundaries

My small step:

Spirit & meaning

Faith, nature, culture, gratitude

My small step:

Fun & joy

Music, dancing, hobbies, play

My small step:

Who can support me this week?

Credit: *Inspired by the Self-Care Wheel by Olga Phoenix and the Six Dimensions of Wellness model by Bill Hettler, MD. Worksheet adapted by Sede Counseling.*