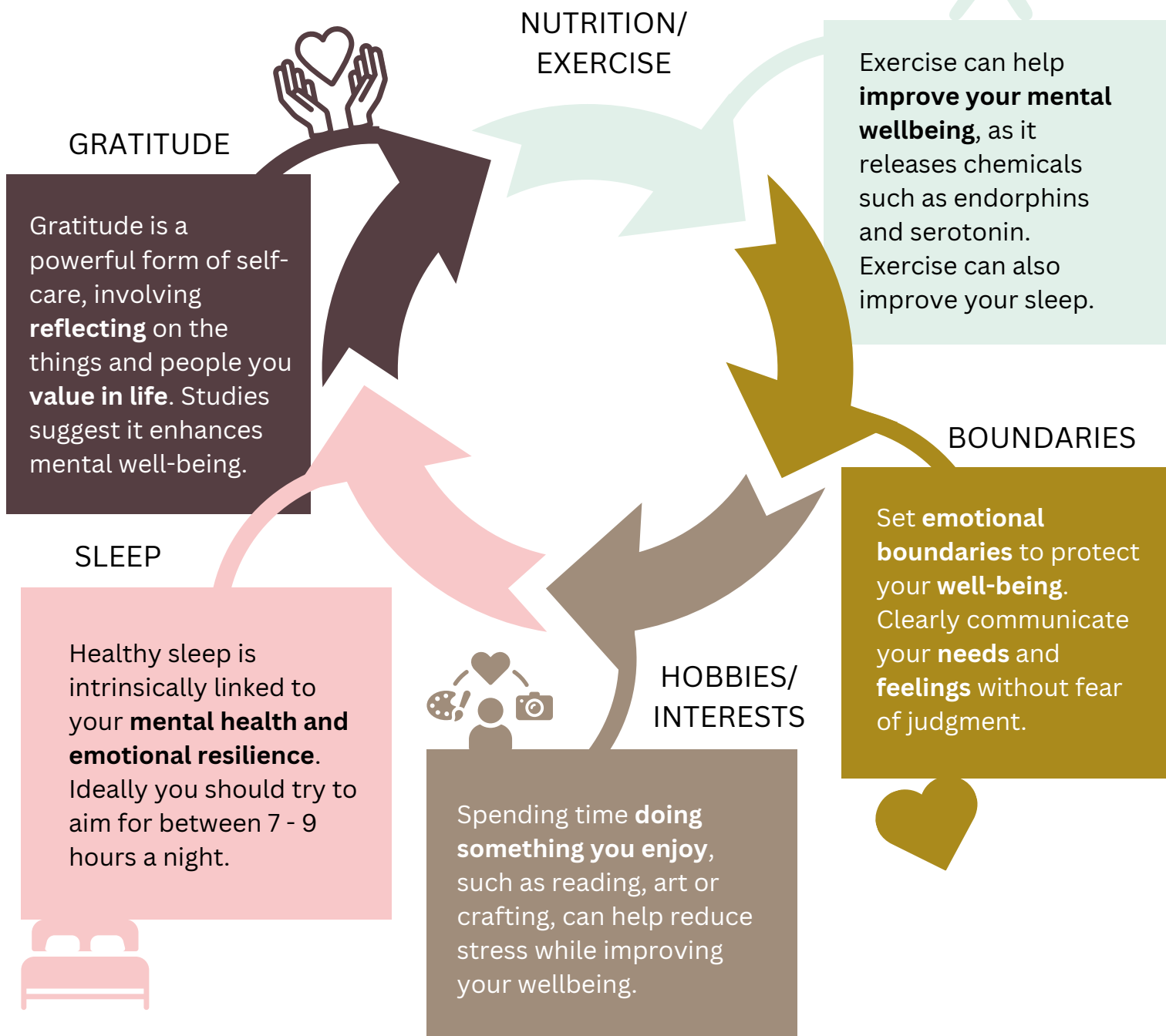


THE WHEEL OF SELF CARE



During challenging times, **self-care is crucial for managing stress and promoting better sleep**. Self-care involves **intentional actions** to reduce stress and support your overall well-being. This can include activities like soothing baths or peaceful walks—anything that **nurtures your sense of self**. The following wheel provides a comprehensive overview of self-care practices, offering practical and effective ideas to enhance your sleep hygiene and overall well-being.



DAILY SELF-CARE CHECKLIST



Taking care of yourself while grieving is so important. It helps you **cope** with **tough emotions**, find **moments of comfort**, and keep your **strength** during a challenging time. This worksheet offers **ideas** to support your well-being—choose what feels right for you and go at your own pace.

RANKING

1 – I rarely engage in this, and it's not part of my usual routine.

2 – I engage in this occasionally, but not consistently.

3 – I regularly engage in this, and it's a common part of my routine.

♥ – I would like to incorporate this more frequently into my routine.

PHYSICAL SELF CARE	✓	1	2	3	♥
Spend time outside to soak up natural sunlight and fresh air.	☐	☐	☐	☐	
Go for a gentle walk or stretch to release tension in your body.	☐	☐	☐	☐	
Drink plenty of water to stay hydrated and energised.	☐	☐	☐	☐	
Prepare and enjoy a nourishing meal or snack.	☐	☐	☐	☐	
Practice deep breathing or light yoga to calm your body.	☐	☐	☐	☐	
Get enough sleep by creating a cos bedtime routine.	☐	☐	☐	☐	
Rest your eyes by taking breaks from screens and bright lights.	☐	☐	☐	☐	
Try a soothing activity, like lying under a weighted blanket.	☐	☐	☐	☐	
Spend time barefoot on grass or sand to feel grounded.	☐	☐	☐	☐	
Use a heating pad or ice pack to ease physical tension.	☐	☐	☐	☐	
Listen to calming music while sitting or lying down.	☐	☐	☐	☐	
Stretch or do simple exercises to loosen tight muscles.	☐	☐	☐	☐	
Eat a balanced, nutritious diet.	☐	☐	☐	☐	
Use aromatherapy to create a calming atmosphere.	☐	☐	☐	☐	
Sit by a window or in a sunny spot for a dose of natural light.	☐	☐	☐	☐	
Breathe in fresh air by stepping outside.	☐	☐	☐	☐	
Tend to your nails with a simple manicure or pedicure.	☐	☐	☐	☐	
Moisturse your skin to keep it soft and hydrated.	☐	☐	☐	☐	
Rest in a quiet, dark room if you feeloverwhelmed.	☐	☐	☐	☐	

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EMOTIONAL SELF CARE	✓	1	2	3	♥
Journal your thoughts and feelings to process your emotions.	☐	☐	☐	☐	
Practice mindfulness or meditation to stay present and calm.	☐	☐	☐	☐	
Set boundaries to protect your emotional energy.	☐	☐	☐	☐	
Reach out to a friend or loved one for support.	☐	☐	☐	☐	
Express gratitude by writing down things you're thankful for.	☐	☐	☐	☐	
Allow yourself to cry if you need to release pent-up emotions.	☐	☐	☐	☐	
Practice self-compassion by speaking kindly to yourself.	☐	☐	☐	☐	
Spend time with people who lift you up and make you feel safe.	☐	☐	☐	☐	
Let go of perfectionism and embrace your imperfections.	☐	☐	☐	☐	
Engage in activities that bring you joy or make you laugh.	☐	☐	☐	☐	
Take breaks from emotionally draining situations.	☐	☐	☐	☐	
Reflect on positive memories or moments of happiness.	☐	☐	☐	☐	
Seek professional help if needed.	☐	☐	☐	☐	
Give yourself permission to rest and recharge emotionally.	☐	☐	☐	☐	
Focus on your strengths and celebrate small wins.	☐	☐	☐	☐	
Engage in creative activities like art, writing, or music.	☐	☐	☐	☐	
Practice forgiveness, both for yourself and others.	☐	☐	☐	☐	
Do something that makes you feel proud of yourself.	☐	☐	☐	☐	
Practice positive affirmations to uplift your mindset.	☐	☐	☐	☐	

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PROFESSIONAL SELF CARE	✓	1	2	3	♥
Maintain a balanced work-life routine to prevent burnout.	☐	☐	☐	☐	☐
Set clear boundaries between work and personal time.	☐	☐	☐	☐	☐
Take regular breaks throughout the day to rest and recharge.	☐	☐	☐	☐	☐
Organize your workspace to reduce stress and improve focus.	☐	☐	☐	☐	☐
Prioritize tasks by setting realistic deadlines and goals.	☐	☐	☐	☐	☐
Delegate tasks when possible to avoid feeling overwhelmed.	☐	☐	☐	☐	☐
Practice time management to ensure a balanced workload.	☐	☐	☐	☐	☐
Avoid overworking and schedule time for self-care and relaxation.	☐	☐	☐	☐	☐
Communicate with supervisors if feeling overwhelmed.	☐	☐	☐	☐	☐
Celebrate achievements, big or small, to stay motivated.	☐	☐	☐	☐	☐
Ensure you take annual leave to disconnect from work.	☐	☐	☐	☐	☐
Engage in professional development to stay motivated.	☐	☐	☐	☐	☐
Set aside time for a healthy lunch/snack away from your desk.	☐	☐	☐	☐	☐
Limit multitasking to focus on one task at a time.	☐	☐	☐	☐	☐
Keep your work area clean and organised to reduce stress.	☐	☐	☐	☐	☐
Reflect on your work-life balance and adjust when needed.	☐	☐	☐	☐	☐
Recognise when you need to ask for help or support at work.	☐	☐	☐	☐	☐
Avoid checking work emails outside of office hours.	☐	☐	☐	☐	☐