INDIVIDUAL MENTAL HEALTH TOOLKIT

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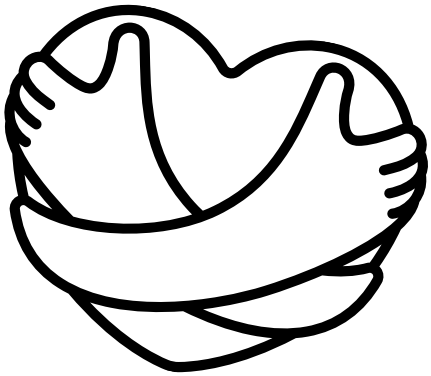
WHAT IS SELF CARE *really?*



When we hear "self care," a lot of us picture bubble baths, scented candles, or expensive treats. While those things can be part of it, self care isn't about pampering — it's about looking after yourself in a way that keeps you going, especially when life feels heavy.

SELF CARE IS NOT SELFISH.

It's how you maintain your energy, protect your mental health, and stay connected to yourself. It's about doing what you need to function well — physically, emotionally, and mentally.

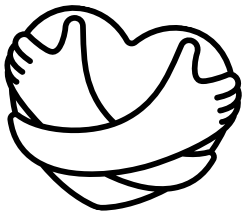
WHY IS SELF CARE *important?*

Self care may help you in more ways thank you think. It's scientifically backed, and has been linked to:

LOWER STRESS LEVELS
BETTER IMMUNE FUNCTION
REDUCED ANXIETY AND DEPRESSION
IMPROVED PRODUCTIVITY AND FOCUS

Taking care of yourself isn't a luxury — it's a necessity. When you make space for self-care, you're building resilience, managing stress, and giving yourself permission to rest and heal. Without it, we risk burnout, exhaustion, and losing connection to what matters most.

THE 5 TYPES OF *self care*



PHYSICAL SELF CARE

Taking care of your body — because it affects how your mind feels too.

Examples:
Getting enough sleep
Eating regularly and not skipping meals
Moving your body in a way that feels good
Drinking enough water

MENTAL SELF CARE

Protecting and resting your mind.

Examples:
Taking breaks from social media
Saying "no" when your plate is full
Spending time off your phone
Doing something creative like reading, drawing or music.

EMOTIONAL SELF CARE

Letting yourself feel, process, and express emotions safely.

Examples:
Talking to someone you trust
Journaling
Crying without feeling guilty
Naming your emotions instead of burying them

SOCIAL SELF CARE

Nurturing your connections, and knowing when you need space.

Examples:
Meeting a friend for coffee
Sending a "thinking of you" message
Taking a break from people who drain you
Letting others know how you're really doing

SPIRITUAL SELF CARE

This doesn't have to mean religion — it's about feeling grounded and connected to something bigger.

Examples:
Spending time in nature
Practicing gratitude
Meditation or prayer
Doing something that gives you meaning or purpose

SELF CARE
Checklist:

	M	T	W	TH	F	SA	SU
Drink a glass of water to start the day	☐	☐	☐	☐	☐	☐	☐
Enjoy half an hour of exercise	☐	☐	☐	☐	☐	☐	☐
Get some fresh air	☐	☐	☐	☐	☐	☐	☐
Have a healthy breakfast	☐	☐	☐	☐	☐	☐	☐
Enjoy a warm morning drink	☐	☐	☐	☐	☐	☐	☐
Plan out your day in your planner	☐	☐	☐	☐	☐	☐	☐
Stretch your body	☐	☐	☐	☐	☐	☐	☐
Take regular breaks	☐	☐	☐	☐	☐	☐	☐
Enjoy some sunshine	☐	☐	☐	☐	☐	☐	☐
Take hot☕Cold bath or shower	☐	☐	☐	☐	☐	☐	☐
Read something meaningful	☐	☐	☐	☐	☐	☐	☐
Play some invigorating music	☐	☐	☐	☐	☐	☐	☐
Disconnect	☐	☐	☐	☐	☐	☐	☐
Eat a healthy snack	☐	☐	☐	☐	☐	☐	☐
Wind down by avoiding bright light at night	☐	☐	☐	☐	☐	☐	☐
Get in bed before 10pm	☐	☐	☐	☐	☐	☐	☐

My Mental Health Goal Planning Sheet

MY GOALS

1

2

3

HOW I WILL MEET THEM

1

2

3

WHEN I WILL MEET THEM

1

2

3

I MET MY GOALS