

Self Care Worksheet

Self-care is the practice of taking intentional actions to support your physical, emotional, mental, and spiritual well-being. It's about noticing what you need—and giving yourself permission to meet those needs.

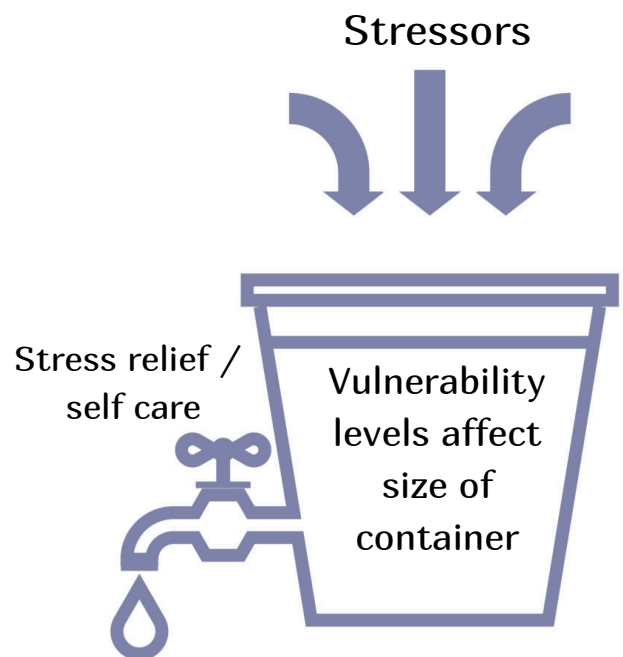
The Stress Container

The Stress Container is a simple way to understand how stress builds up. Imagine your mind as a container that fills with all your worries, pressures, and difficult emotions.

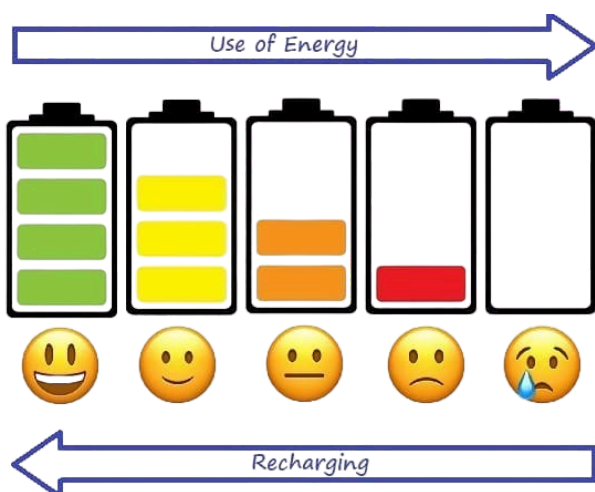
If too much goes in without being released, it overflows—leading to overwhelm, anxiety, or exhaustion. We can manage this by regularly “opening the tap” with self-care, helping to relieve the pressure before it gets too much.

Questions to ask yourself:

- How big is your container right now?
- What stressors are going into your container?
- What healthy taps help you release stress?
- Are there any unhelpful coping strategies that actually block the tap (like avoidance, overdoing, or bottling things up)?

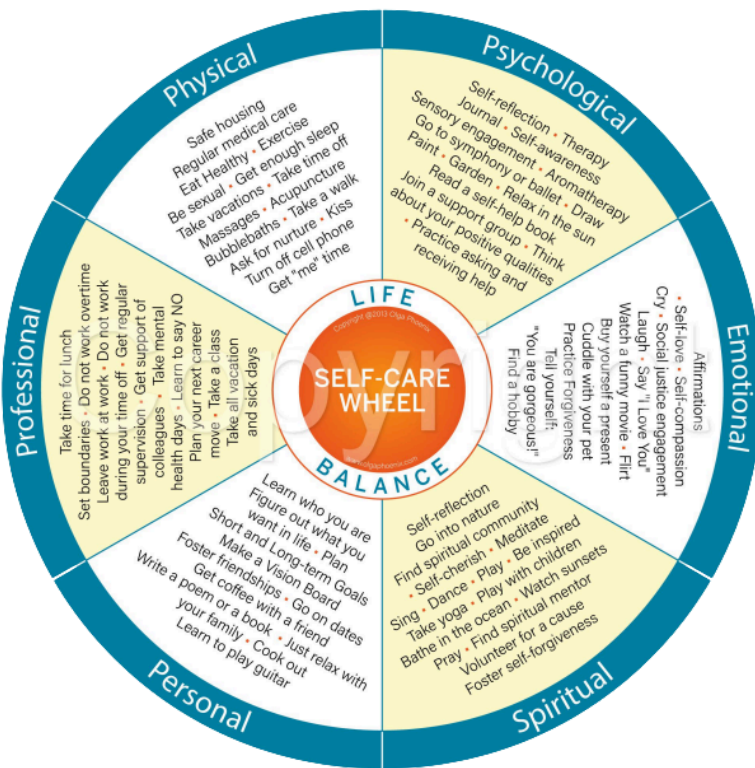


Energy Chargers vs Drainers



We all have things that drain our personal battery—like stress, difficult emotions, overdoing it, or saying yes when we mean no. At the same time, we each have chargers that help us feel more energised and grounded, such as rest, laughter, nature, supportive people, or quiet time. The key is to notice what drains you and what recharges you, so you can protect your energy and build in more of what helps you feel well.

Self Care Wheel



It is important to look after ourselves in all areas of our lives, from work, to physical health to emotions.

Here are many ideas for how to work on looking after yourself, in all areas of your life.

- Which examples do you do already or would like to try?
- How has this changed since your diagnosis?



Take some time to score yourself out of 10 for how satisfied you currently feel in each area of life when it comes to self care.

In a different colour, score yourself again for:

a) how important it is to you
b) how much time/energy you currently put into it.

- Is there a disconnect?
- How can you bring more balance in?