



Prioritising Your Well-Being: A Self-Care Toolkit



SELF-CARE WORKSHEET PROMPTS

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Daily Reflection

Prompt:

What is one small thing I can do today to bring myself comfort or peace?

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Setting Boundaries:

Example: "It's okay to say, 'I need some time to myself right now.'"

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Connecting with Support:

Identify three people or groups you feel safe reaching out to when you need encouragement or understanding.

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complete these sentences:

- When I feel emotionally drained, I will...
- To protect my energy, I will set this boundary...
- The activity that restores me the most is...
- The people I feel safe reaching out to are...