

SELF-CARE TOOLKIT

Regular actions that support physical, emotional and relational wellbeing

AT A GLANCE



Self-care is the intentional support of health, capacity and recovery. It includes practical and relational care, not only comfort or relaxation.

KEY IDEAS

PHYSICAL

Sleep, food, hydration, movement, healthcare and rest.

EMOTIONAL

Expression, compassion, therapy, creativity and boundaries.

SOCIAL

Supportive contact, belonging, reciprocity and time alone.

PRACTICAL AND MEANINGFUL

Planning, finances, environment, purpose and restoration.

WHY IT MATTERS



Sustainable care protects functioning and relationships. It is a need, not a reward for productivity.

PUTTING THE IDEA INTO PRACTICE

1

ASSESS

What is depleted or overloaded?

2

CHOOSE REALISTIC

Select an action small enough to happen.

3

SCHEDULE

Protect time and reduce avoidable friction.

4

REVIEW WITHOUT BLAME

Adjust care to changing needs and capacity.

REFLECTION PROMPTS

1

What needs attention today?

2

What restores rather than distracts me?

3

Where could I ask for support?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.