

Self-Care Journal

A gentle space to check in with yourself and honor what you need today.

My Self-Care Check-In

Pain level ____ / 10 0 = none 10 = severe	Energy level ____ / 10 0 = depleted 10 = energized	Mental & emotional level ____ / 10 0 = struggling 10 = feeling well
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What does my body need from me today?

What can I realistically do toward my self-care today?

Self-care does not have to mean doing more.
Sometimes self-care means giving yourself permission to rest.

A mindful pause

Before deciding what to do next, take one slow breath. Notice what you are feeling without judging it. Ask yourself: **What would feel supportive - not demanding - right now?**

What Can I Do Today?

Choose what feels doable for you today. Even small things count.

Bedridden / Low-Energy Day Ideas	Other Self-Care Options
■ Listen to a podcast	■ Drink some water
■ Watch an encouraging or interesting YouTube video	■ Eat something nourishing
■ Enjoy a favorite movie or show	■ Say no without guilt
■ Take a nap or simply rest	■ Set a boundary
■ Listen to soft or uplifting music	■ Do one small thing that brings me joy
■ Meditate	■ Sit outside or by a window
■ Practice mindfulness	■ Do a gentle stretch if it feels good
■ Visualize yourself somewhere peaceful	■ Take an Epsom salt soak
■ Practice gentle breathing	■ Journal or write how I feel
■ Ask someone for help	■ Nothing - today I need rest

Something else that would feel supportive today:

Reminder: You are allowed to adjust your plans as your pain, energy, or emotions change throughout the day.

Self-Care Bingo

Small acts. Big impact. Choose what supports you - there is no pressure to complete the board.

Drink water	Ask for help	Take a nap	Listen to music	Say no without guilt
Meditate	Gentle stretch	Watch something funny	Epsom salt soak	Practice gratitude
Sit outside / by a window	Deep breathing	FREE SPACE REST COUNTS	Eat something nourishing	Set a boundary
Put my phone down	Do something creative	Listen to my body	Take meds / supplements as directed	Talk to someone I love
Practice mindfulness	Use a heating pad	Celebrate something I accomplished	Pace myself	Do something I enjoy

Rest counts. Asking for help counts. Setting a boundary counts.
Self-care is about responding to what you need - not earning a perfect score.

Reflection & Writing

A little space for you - no perfect answers required.

What am I feeling today?

What was difficult today?

What helped me today?

What am I proud of myself for?

What can I release or let go of today?

Three things I'm grateful for right now:

1.

2.

3.

Today I cared for myself by:

I am enough.

I am doing the best I can.

And that is enough.