



SELF-CARE STARTER

“G.R.A.P.E.S.”

GENTLE TO SELF

- Reflection:
 - What I value most in my life
 - My most enjoyable moments
 - My dreams
 - What I am thankful for
 - What I love to do
- Read a spiritual prayer or self-nurturing book
- Write a poem or letter to myself
- Create a collage of “the real me”
- Read Personal Bill of Rights
- Practice positive affirmations
- Take a long shower or bath
- Communicate your needs/feelings to a loved one
- Say “NO” to an inconvenient request
- Resting your body

RELAXATION

- Meditate
- Listen to soothing/calm music
- Do deep breathing or stretching exercises
- Enjoy a relaxing, short nap
- Write in a journal
- Watch the sunrise/sunset
- Sit at a beach or other natural body of water
- Watch Koi fish in a pond
- Do Progressive Muscle Relation
- Do guided imagery meditation
- Go for a scenic drive
- Count the stars

ACCOMPLISHMENTS

- Make a meal plan
- Go to therapy
- Do water fast
- Go grocery shopping
- Not drinking alcohol
- Pay bills
- Organize/clean your house
- Donate old clothes

PLEASURE

- Eat out
- Go to or rent a movie
- Watch your favorite show
- Get a massage
- Go to beach or park
- Do a puzzle
- Visit a museum
- Sit in the sun
- Go window shopping
- Visit an art gallery
- Pursue a new hobby
- Buy fresh flowers
- Treat yourself to ice cream
- Walk through a farmer’s market
- Look through a photo album or pictures
- Go to bookstore or coffee shop
- Get a manicure, pedicure, or facial

EXERCISE

- Go to the gym, try a class
- Walk your dog or a friend’s dog
- Try a Yoga class or do stretches
- Go for a hike, bike ride, or kayaking
- Walk around town or on the beach

SOCIAL

- Invite a friend to coffee or lunch
- Call a friend or family member
- Come to group
- Talk to members of group on breaks
- Chat with a cashier
- Go to coffee house
- Go to church
- Attend a reading or writing group
- Talk to one person a day
- Send an email to someone you care about



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Choose an idea from the list above for each category and practice planning something for your self-care every day. Aim for each category to be completed every day, by the end of the day. If something gets in the way, don't fret, just try again. The goal is to prioritize your self-care through scribing a plan. Good luck!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gentle with Self							
Relaxation							
Accomplishment							
Pleasure							
Exercise							
Social							



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