

# Self-Care Group Activity Worksheet

## Nurturing Your Well-Being

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### Introduction

Self-care is essential for maintaining a healthy mind, body, and spirit. This worksheet is designed to help you and your group explore various aspects of self-care, share experiences, and develop personalized self-care plans.

There are four fundamental types of self-care: physical, emotional, mental, and social.

- **Physical Self-Care:** Involves activities that improve physical health, such as exercise, nutritious eating, and adequate sleep. It encompasses any action that fuels your body and keeps it functioning optimally.
- **Emotional Self-Care:** Focuses on understanding and managing your emotions. This can involve activities like journaling, meditation, or speaking with a therapist to cultivate emotional well-being and resilience.
- **Mental Self-Care:** Centers on stimulating and nurturing your mind. Engaging in hobbies, reading, solving puzzles, and continuous learning are all part of mental self-care.
- **Social Self-Care:** Emphasizes building and maintaining healthy relationships. Spending time with loved ones, socializing, and seeking support from others are crucial for social well-being.

By balancing these four types of self-care, you can create a holistic approach to nurturing your overall well-being.

### Activity 1: Self-Care Brainstorm

#### Objective:

To identify and share different self-care activities across the four types of self-care

#### Instructions:

1. Divide into small groups.

2. Spend 10 minutes brainstorming self-care activities. Write down as many as you can think of.
3. After brainstorming, take turns sharing your lists with the larger group.
4. Discuss any new or unique ideas that emerged.

Examples of self-care activities:

- Taking a walk in nature
- Practicing mindfulness or meditation
- Reading a book
- Journaling
- Spending time with loved ones
- Practicing yoga
- Enjoying a relaxing bath
- Listening to music
- Engaging in hobbies

## Part 2: Self-Care Reflection

### Objective:

To reflect on personal self-care practices and identify areas for improvement.

### Instructions:

1. Take 15 minutes to individually reflect on the following questions and write down your thoughts:
  - What self-care activities do I currently practice?
  - How do these activities benefit me?
  - Are there any self-care activities I wish to incorporate more regularly?
2. Pair up with a partner to share your reflections.
3. Discuss what changes or additions you might make to your self-care routine.

### Part 3: Creating a Self-Care Plan

#### Objective:

To develop a personalized self-care plan that incorporates effective and enjoyable activities.

#### Instructions:

1. Using the ideas generated from the previous activities, create a self-care plan for the next month.
2. Outline specific activities you will engage in, how often you will do them, any resources or support you might need, and what different areas of self-care this will support you with.
3. Share your plan with the group and offer encouragement and suggestions to each other.

#### Self-Care Plan Template:

- Activity: [Describe the activity]
- Frequency: [How often will you do it?]
- Resources/Support Needed: [What do you need to make this happen?]
- Benefits: [How will this activity benefit you?]
- Zone/s of Self Care Supported: [Which zone/s of self-care will this support you in taking care of?]

### Part 4: Group Discussion and Support

#### Objective:

To provide mutual support and share progress on self-care plans.

#### Instructions:

1. Schedule regular check-ins (weekly or bi-weekly) to discuss progress and challenges with your self-care plans teammates.
2. Use these check ins to offer support, share successes, and brainstorm solutions to any obstacles.

#### Discussion Prompts:

- What self-care activities have you found most beneficial so far?

- Have you encountered any challenges in sticking to your self-care plan? How did you address them?
- What new self-care activities would you like to try?
- How can the group support you in your self-care journey?

## Conclusion

Self-care is a continuous journey of nurturing your well-being. By participating in these group activities, you have taken important steps towards prioritizing your self-care. Remember that self-care is personal, and it's okay to adjust your plans as needed. Keep supporting each other, and most importantly, be kind to yourselves.

# Self-Care Plan

## Self-Care Activity Plan

Activity:

[Describe the activity]

Frequency/Duration:

[How often will you do it? When will you start? Be Specific]

Resources/Support Needed:

[What do you need to make this happen?]

Benefits:

[How will this activity benefit you?]

Zone/s of Self Care Supported:

[Which zone/s of self-care will this support you in taking care of?]

## Example

Activity:

Morning Yoga for 30 minutes

Frequency:

Monday and Wednesday mornings at 7:00am

Resources/Support Needed:

Yoga mat, instructional videos, quiet space

Benefits:

Improves flexibility, reduces stress, and enhances mental clarity---

What "Zone/s" of self-care will this plan help balance and serve?

Physical, Emotional, and Mental Self-Care

Use this template to outline your self-care activities and keep track of your progress.

Adjust as needed to fit your personal needs and circumstances.