

Free printable self-care worksheets for adults

PHYSICAL SELF CARE

- Clean yourself and the house
- Go for a walk and exercise regularly
- Regular medical care
- Eat healthy food
- Take time for proper sleep

PERSONAL SELF CARE

- Learn who you are
- Plan short term and long term goals
- Spend time with family
- Write your feelings and emotions

PROFESSIONAL SELF CARE

- Know your profession
- Practice your profession by heart
- Never do overtime to avoid burnout
- Enjoy your work.

PSYCHOLOGICAL SELF CARE

- Be self-aware
- Join a support group
- Think or write about your strengths

What do I practice for self-care?
