

10X. How to Reduce Stress and Beat Burnout

Handout 1: Self-Care Worksheet

Self-care is the act of taking care of yourself. Establishing self-care habits is an important part of living a healthy and happy life. All of the strategies you read about in the article “How to Reduce Stress and Beat Burnout” are examples of self-care habits.

1. List the self-care habits you are using now to manage stress and stay healthy:

I get at least 8 hours of sleep each night.

I . . .

- a.
- b.
- c.

2. List the self-care habits you would like to use, but are not currently practicing:

I want to take a regular yoga class.

I want to . . .

- a.
- b.
- c.

3. Identify the obstacles keeping you from practicing these habits:

I am not taking a yoga class now because I feel like I don't have the time and I think it might be too expensive.

I am not _____ because . . .

- a.
- b.
- c.

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Handout 1: Self-Care Worksheet (cont'd)

4. What solutions can you come up with to address the obstacles you listed?

I could look for discounted or free yoga classes. I could free up time for myself by cutting back on my volunteer work, asking my neighbor to watch my children after school once a week, and sharing the cooking responsibilities with my family.

I could . . .

a.

b.

c.

5. Take a moment to reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to taking a weekly yoga class. I want to do this because I want to improve my flexibility, learn a new skill, and have some time for myself each week. I will accomplish this by finding and enrolling in a free or low-cost class and by easing up on my commitments and asking for help from others.

Today, I commit to . . .

I want to do this because . . .

I will accomplish this by . . .