

My Self Care Runbook

When we're struggling, it can be hard to see our own symptoms and know it's time to reach out. This worksheet is intended to reflect (ideally when in a positive state of mind), identify our warning signs/indicators we may be struggling, and what we can do to re-center ourselves to get through the moment. It may also help to have an emergency list of people we know we can reach out to when we are at our lowest.

1

What are my warning signs I am struggling?

ex// I stare at my to do list and don't know where to start; Lots of negative self talk.

2

How do I ask for help?

ex// Reach out to my boss to help me prioritize; call my cheerleader; restate my self talk to be positive.

3

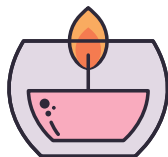
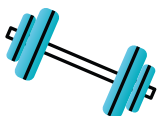
What can I do to sooth myself when I am suffering?

ex// go on a walk, meditate, yoga, crochet

4

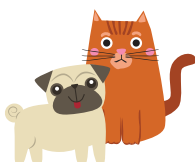
Who can I reach out to?

ex// Sandi. 555-1234



What do I do for self care?

Circle the activities you like to do :-)



Self Talk: The Inner Voice

Many people are conscious of an inner voice that provides a running monologue on their lives throughout the day. This inner voice, or self-talk, combining conscious thoughts and unconscious beliefs and biases, provides a way for the brain to interpret and process daily experiences. Our self-talk can be cheerful and supportive or negative and self-defeating. Self-talk can be beneficial when it's positive, calming fears and bolstering confidence. Human nature, unfortunately, is prone to negative self-talk, including sweeping assertions like "I can't do anything right" or "I'm a complete failure." Read more at [Psychology Today](#).

Critical Self Talk

When I am feeling low, what are the critical self-talk statements I tell myself?

Positive Self Talk

How can I rewrite those statements to replace the negative self talk?