



Self-Care Planner

Nourish Yourself Through the Transition

A Complete Self-Care System
for Women in Menopause

Name: _____

Started: _____

Self-Care Assessment

Before planning your self-care, honestly assess where you are right now. Rate each area from 1 (neglected) to 10 (thriving).

Area	Rating (1-10)	What's Working	What Needs Attention
Physical Health Exercise, nutrition, sleep, medical care			
Emotional Wellbeing Mood, stress management, joy, processing feelings			
Mental Health Brain stimulation, learning, creativity, focus			
Social Connection Friendships, family, community, intimacy			
Spiritual / Purpose Meaning, values, meditation, nature, faith			
Rest & Recovery Sleep quality, downtime, saying no, boundaries			
Environment Home comfort, workspace, decluttering, beauty			
Professional / Financial Career satisfaction, money stress, work-life balance			

My Top 3 Self-Care Priorities

Based on my assessment, the areas that need the most attention are:

- 1.
- 2.
- 3.

My Self-Care Non-Negotiables

Three things I commit to doing every single day, no matter what:

Week 1 — Self-Care Planner

Week of: _____ Focus Area: _____

Day	Morning Self-Care	Afternoon Self-Care	Evening Self-Care
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Self-Care Goals

- ☐ Body: _____
- ☐ Mind: _____
- ☐ Spirit: _____
- ☐ Social: _____

End-of-Week Check-In

What I actually did for myself this week:

How I feel compared to last week:

What I want to do differently next week:

Week 2 — Self-Care Planner

Week of: _____ Focus Area: _____

Day	Morning Self-Care	Afternoon Self-Care	Evening Self-Care
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Self-Care Goals

- ☐ Body: _____
- ☐ Mind: _____
- ☐ Spirit: _____
- ☐ Social: _____

End-of-Week Check-In

What I actually did for myself this week:

How I feel compared to last week:

What I want to do differently next week:

Week 3 — Self-Care Planner

Week of: _____ Focus Area: _____

Day	Morning Self-Care	Afternoon Self-Care	Evening Self-Care
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Self-Care Goals

- ☐ Body: _____
- ☐ Mind: _____
- ☐ Spirit: _____
- ☐ Social: _____

End-of-Week Check-In

What I actually did for myself this week:

How I feel compared to last week:

What I want to do differently next week:

Week 4 — Self-Care Planner

Week of: _____ Focus Area: _____

Day	Morning Self-Care	Afternoon Self-Care	Evening Self-Care
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Self-Care Goals

- ☐ Body: _____
- ☐ Mind: _____
- ☐ Spirit: _____
- ☐ Social: _____

End-of-Week Check-In

What I actually did for myself this week:

How I feel compared to last week:

What I want to do differently next week:

60+ Self-Care Activity Ideas

Check off activities as you try them. Star your favorites to build into your routine.

Body Care

- ☐ 30-minute walk in nature
- ☐ Gentle yoga or stretching
- ☐ Warm Epsom salt bath
- ☐ Strength training session
- ☐ Swimming or water aerobics
- ☐ Foam rolling or self-massage
- ☐ Dance to favorite music
- ☐ Cook a nutrient-rich meal
- ☐ Dry brushing before shower
- ☐ Try a new healthy recipe
- ☐ Drink 8 glasses of water
- ☐ Get a professional massage

Mind Care

- ☐ Read for 30 minutes
- ☐ Complete a puzzle or crossword
- ☐ Learn something new online
- ☐ Listen to a podcast
- ☐ Write in this journal
- ☐ Organize one drawer or shelf
- ☐ Create a vision board
- ☐ Try adult coloring
- ☐ Write a letter to someone
- ☐ Declutter one room
- ☐ Plan a future trip
- ☐ Practice a new language

Spirit Care

- ☐ 10-minute meditation
- ☐ Watch the sunrise or sunset
- ☐ Spend time in a garden
- ☐ Practice deep breathing
- ☐ Write down affirmations
- ☐ Sit quietly with tea
- ☐ Visit a place that inspires you
- ☐ Practice gratitude journaling
- ☐ Spend time near water
- ☐ Try a guided visualization
- ☐ Light candles and reflect
- ☐ Forest bathing / nature walk

Social Care

- ☐ Call a friend you miss
- ☐ Schedule a coffee date
- ☐ Join a class or group
- ☐ Volunteer for a cause
- ☐ Have a meaningful conversation
- ☐ Write a thank-you note
- ☐ Plan a girls' night
- ☐ Ask for help (yes, this counts)
- ☐ Set a boundary with someone
- ☐ Join an online community
- ☐ Hug someone you love
- ☐ Share how you really feel

Quick 5-Minute Resets

- ☐ Step outside and breathe
- ☐ Stretch at your desk
- ☐ Splash cold water on face
- ☐ Listen to one favorite song
- ☐ Write 3 things you're grateful for
- ☐ Drink a glass of cold water
- ☐ Close eyes and count to 50
- ☐ Apply lotion mindfully

Weekend Self-Care

- ☐ Sleep in without guilt
- ☐ Farmers market visit
- ☐ At-home spa morning
- ☐ Long walk or hike
- ☐ Brunch with a friend
- ☐ Movie or show marathon
- ☐ Try a new hobby
- ☐ Full digital detox day

Stress Management Toolkit

Menopause can amplify stress responses. Here are 5 evidence-based techniques to build into your daily life.

1. Box Breathing (4-4-4-4)

When: Anxiety, hot flashes, before sleep, stressful moments

How: Inhale 4 counts → Hold 4 counts → Exhale 4 counts → Hold 4 counts. Repeat 4-8 cycles.

Why it works: Activates your parasympathetic nervous system, lowering cortisol and calming your body's stress response.

My experience trying this:

2. Progressive Muscle Relaxation

When: Before bed, tension headaches, jaw clenching, body pain

How: Tense each muscle group for 5 seconds, then release for 10. Start at your feet, work up to your face. Takes 10-15 minutes.

Why it works: Teaches your body to recognize and release tension you may be holding unconsciously.

My experience trying this:

3. The 5-4-3-2-1 Grounding Technique

When: Anxiety attacks, brain fog, feeling overwhelmed, dissociation

How: Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.

Why it works: Brings you into the present moment and interrupts spiraling thought patterns.

My experience trying this:

4. Journaling Brain Dump

When: Racing thoughts, inability to sleep, emotional overwhelm

How: Set a timer for 10 minutes. Write everything in your head without stopping, editing, or judging. Then close the book.

Why it works: Externalizes worries so your brain can stop cycling through them.

My experience trying this:

5. Cold Water Reset

When: Hot flashes, anger, panic, needing a quick reset

How: Hold ice cubes or run cold water on your wrists and inner forearms for 30-60 seconds. Or splash cold water on your face.

Why it works: Triggers the dive reflex, which slows heart rate and redirects blood flow, providing rapid calm.

My experience trying this:

Boundary-Setting Worksheet 1

Healthy boundaries protect your energy. During menopause, boundary-setting isn't selfish -- it's survival.

Boundary Audit: Where Am I Overextended?

Area of Life	Where I Give Too Much	How It Drains Me	What I Need Instead
Work			
Family			
Friends			
Partner			
Community / Volunteering			
Digital / Social Media			

My Boundary Statement Practice

Write out the actual words you'll use. Practice saying them aloud.

Situation: Someone asks me to take on more than I can handle

"I _____"

Situation: I need rest but feel guilty

Permission I give myself: _____

Situation: Someone dismisses my symptoms or experience

"I _____"

Remember: "No" is a complete sentence. You don't owe anyone an explanation for protecting your health and energy.

Boundary-Setting Worksheet 2

Energy Inventory: People & Activities

Person / Activity	Energizes Me	Drains Me	Neutral	Action Needed

Things I Am Releasing

Obligations, expectations, or habits that no longer serve me:

Things I Am Welcoming In

New priorities, activities, or relationships I want to nurture:

My Boundary Mantra

Boundary-Setting Worksheet 3

Saying No: Practice Scenarios

For each scenario, write what you would actually say. Be kind but firm.

Scenario 1: A friend wants to make plans but you need rest

Scenario 2: Your boss asks you to stay late, but you're exhausted

Scenario 3: Family expects you to host a holiday but you can't this year

Scenario 4: Someone gives unsolicited advice about your symptoms

Scenario 5: You need to ask your partner for more support

Boundary Success Log

Date	Boundary I Set	How It Went	How I Felt After

Gratitude Journal — Week 1

Research shows gratitude practice reduces cortisol by up to 23%. Write 3 things daily.

Day	I'm Grateful For...	Because...
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Weekly Gratitude Reflection

What pattern do I notice in what I'm grateful for?

One thing about my body I appreciate this week:

Gratitude Journal — Week 2

Day	I'm Grateful For...	Because...
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Weekly Gratitude Reflection

A person I'm grateful for and why:

Something difficult that taught me something valuable:

Gratitude Journal — Week 3

Day	I'm Grateful For...	Because...
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Weekly Gratitude Reflection

A small pleasure I want to notice more often:

Something about this season of life I can appreciate:

Gratitude Journal — Week 4

Day	I'm Grateful For...	Because...
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Weekly Gratitude Reflection

How has daily gratitude practice affected my mood this month?

A strength I've discovered in myself through this transition:

Monthly Self-Care Review

Month: _____ Date: _____

Self-Care Assessment Re-Score

Area	Start Rating	End Rating	Change (+/-)
Physical Health			
Emotional Wellbeing			
Mental Health			
Social Connection			
Spiritual / Purpose			
Rest & Recovery			
Environment			
Professional / Financial			

Wins This Month

Self-care habits I maintained, boundaries I set, moments I'm proud of:

Challenges

Where I struggled and what got in the way:

Favorite Self-Care Activities

Top 3 things that made the biggest difference in how I felt:

Next Month's Focus

Area to improve:

New activity to try:

Progress, not perfection. If you showed up for yourself even once this month more than you did last month, that counts. You are building a sustainable self-care practice, one small act at a time.