

take 5 minutes to  
check in with yourself  
each morning

# SELF-CARE CHECKLIST



## TAKE A MOMENT

Set a timer for 60 seconds. Get into a comfortable position and sit in silence with yourself. Keep your focus on your breathing for the duration of the exercise. Take this time to clear your mind and relax.



## HOW DO I FEEL EMOTIONALLY?

Think about this for a moment. Is there something taking up most of your headspace? How do you feel about that? Dig deep and try to identify the words that match your feelings.



## HOW DO I FEEL PHYSICALLY?

How does your body feel right now? Any aches? Do you feel rested? When is the last time you ate a whole meal? Did you drink enough water today? Address these issues and give your body what it needs to thrive.



## WHAT CAN I DO TODAY FOR MYSELF TODAY?

Identify one simple self-care practice that you can do for yourself today. Be sure to plan a time for you to do your self-care activity of choice. Planning breaks and having a routine can help reduce stress.



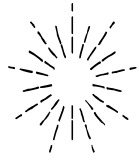
## TIPS

- Print out this page and put it somewhere you can see regularly.
- Your self-care act can be simple - it could be repeating a mantra or listening to a song.
- Aim for progress, not perfection.



## MORE RESOURCES

- [blog.calm.com](https://blog.calm.com)
- [selfcareinstitute.com](https://selfcareinstitute.com)
- [positivelypresent.com](https://positivelypresent.com)
- [nami.org](https://nami.org)
- [activeminds.org](https://activeminds.org)
- [njlmti.org/spotlight](https://njlmti.org/spotlight)



# IALAC BOOSTERS



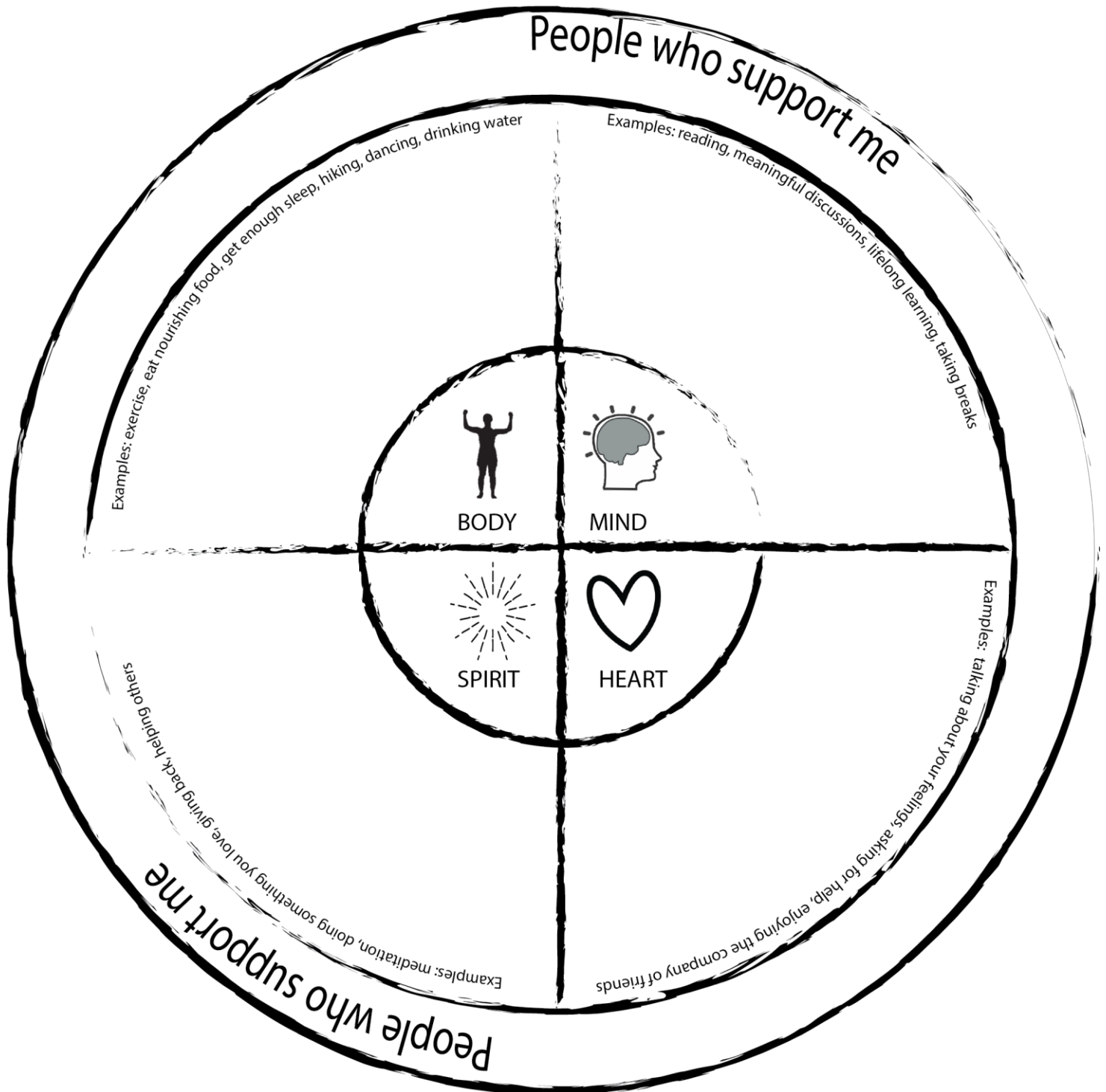
Your IALAC is always a part of you- no matter what happens in your life, you are loveable and you are capable. There are things you can actively choose to do to take care of and strengthen your IALAC. Since we all have different likes, dislikes, and experiences, this looks different for everyone!

Take some time to think about the ways in which you can take care of your IALAC. The list below provides some examples, but you can also think of your own ideas. Check off the ideas that you currently do, or things that you want to try to do more of.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Accept help                           | <input type="checkbox"/> Give myself praise                           | <input type="checkbox"/> Spend time in nature                 |
| <input type="checkbox"/> Ask for help                          | <input type="checkbox"/> Have alone time                              | <input type="checkbox"/> Spend time with family               |
| <input type="checkbox"/> Be kind to myself                     | <input type="checkbox"/> Have meaningful discussions                  | <input type="checkbox"/> Spend time with friends              |
| <input type="checkbox"/> Do the things I love to do            | <input type="checkbox"/> Help others                                  | <input type="checkbox"/> Surround myself with positive people |
| <input type="checkbox"/> Eat nourishing foods                  | <input type="checkbox"/> Learn a new skill                            | <input type="checkbox"/> Take breaks                          |
| <input type="checkbox"/> Exercise                              | <input type="checkbox"/> Listen to music                              | <input type="checkbox"/> Take positive risks                  |
| <input type="checkbox"/> Get enough sleep                      | <input type="checkbox"/> Meet new people                              | <input type="checkbox"/> Read about things I enjoy            |
| <input type="checkbox"/> Get medical care when I need it       | <input type="checkbox"/> Play sports                                  | <input type="checkbox"/> Take time away from technology       |
| <input type="checkbox"/> Get mental health care when I need it | <input type="checkbox"/> Practice random acts of kindness             | <input type="checkbox"/> Talk about my feelings               |
| <input type="checkbox"/> Give back to my community             | <input type="checkbox"/> Say "no" to extra responsibilities sometimes | <input type="checkbox"/> Try new things                       |
| <input type="checkbox"/> Look at art                           | <input type="checkbox"/> Say "no" to things that aren't good for me   | <input type="checkbox"/> Wear clothes I like                  |
| <input type="checkbox"/> Meditate                              |   | <input type="checkbox"/> Write in a journal                   |
| <input type="checkbox"/> Cook or bake something                |   |   |
| <input type="checkbox"/> _____                                 | <input type="checkbox"/> _____  | <input type="checkbox"/> _____                                |
| <input type="checkbox"/> _____                                 | <input type="checkbox"/> _____  | <input type="checkbox"/> _____                                |

# MY IALAC SHIELD

Now that you know what your IALAC Boosters are, you are ready to complete your IALAC Shield. Take the ideas from the previous page and place them in the segment you feel they belong. There is no right or wrong ways to fill out the shield! Be sure to include examples for each segment-body, mind, spirit, and heart. There may be some overlap and that's okay! Once it's completed, you can refer back to your shield anytime to remind yourself of the things you can do to boost your IALAC.



# WRITE A PEP TALK FOR WHEN YOU'RE STUCK IN A RUT.

Remind yourself of what makes you truly happy  
and how you can get back to it.





**Think about a time when you were in a stressful situation. What happened? Who were you with? When did it happen? Where were you?**

1. At the time, how did you feel (emotionally)?
2. Did you notice any physical signs of stress in yourself? Where did you feel the signs? (ex- upset stomach, headache, etc.)
3. How calm and under control were you as the situation was taking place?

1	2	3	4	5
under	mostly	so-so	tense	out of
control	calm		& upset	control
4. What are some other things you could have done to handle the situation? What are some things you might do if the situation comes up again?

## What is a mandala?

A mandala is a complex abstract design that is usually circular in form. In fact, "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms.

Mandalas can contain both geometric and organic forms. They can also contain recognizable images that carry meaning for the person who is creating it.

In essence, mandalas represent the connection between our inner worlds and outer reality. Designing your own mandalas can be both inspirational and therapeutic.

