

Self-Care Planning Worksheet

Creating Your Personalized Self-Care Practice

"Self-care is not selfish. You cannot serve from an empty vessel."

- Eleanor Brown

Name: _____

Date: _____

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What is Self-Care?

Self-care is any activity that we deliberately do to take care of our mental, emotional, and physical health. It's not selfish—it's essential, especially during recovery from an eating disorder. Self-care helps you build resilience, manage stress, and reconnect with yourself beyond the eating disorder.

Self-care looks different for everyone. What feels nourishing to one person might not work for another. This worksheet will help you discover what self-care means to YOU and create a sustainable practice.

The 7 Pillars of Self-Care:

- **Physical:** Caring for your body (sleep, nourishment, movement, medical care)
- **Emotional:** Processing and honoring your feelings
- **Mental:** Stimulating your mind and managing thoughts
- **Social:** Connecting with others and nurturing relationships
- **Spiritual:** Finding meaning, purpose, and connection to something larger
- **Environmental:** Creating a safe, comfortable space around you
- **Recreational:** Engaging in activities that bring joy and relaxation

Self-Care Assessment

Rate how well you're currently caring for yourself in each area (1 = needs attention, 5 = doing well). Be honest—this helps you identify where to focus your self-care efforts.

Self-Care Area	1	2	3	4	5	Notes
Physical (sleep, nutrition, movement)	■	■	■	■	■	
Emotional (feeling feelings, expression)	■	■	■	■	■	
Mental (learning, creativity, mindfulness)	■	■	■	■	■	
Social (connection, boundaries)	■	■	■	■	■	
Spiritual (meaning, values, purpose)	■	■	■	■	■	
Environmental (space, organization)	■	■	■	■	■	
Recreational (fun, hobbies, relaxation)	■	■	■	■	■	

Reflection:

Which area(s) need the most attention right now?

Physical Self-Care

Physical self-care involves caring for your body with compassion. In eating disorder recovery, this means nourishing yourself adequately, resting when needed, and moving in ways that feel good.

Current Physical Self-Care Practices:

What am I already doing to care for my body?

Areas for Growth:

What physical self-care practices would benefit me?

- Getting 7-9 hours of sleep
- Eating regular meals and snacks
- Honoring hunger and fullness cues
- Gentle, joyful movement (not compensatory exercise)
- Taking medications as prescribed
- Attending medical appointments
- Staying hydrated
- Taking breaks and resting when tired
- Wearing comfortable clothes
- Personal hygiene that feels good
- Other: _____

My Physical Self-Care Goal:

How I'll implement this:

Emotional Self-Care

Emotional self-care means allowing yourself to feel and process emotions without judgment. It's about developing healthy ways to cope with difficult feelings instead of turning to eating disorder behaviors.

Current Emotional Self-Care Practices:

How do I currently process and honor my emotions?

Emotional Self-Care Ideas:

Check the practices that appeal to you:

- Journaling about feelings
- Talking to a trusted friend or therapist
- Allowing myself to cry when I need to
- Practicing self-compassion
- Setting boundaries to protect my emotional energy
- Saying "no" without guilt
- Expressing emotions through art, music, or writing
- Taking time to identify what I'm feeling
- Practicing emotional regulation skills (mindfulness)
- Giving myself permission to not be okay sometimes
- Other: _____

When I'm feeling overwhelmed, I can:

My Emotional Self-Care Goal:

Mental Self-Care

Mental self-care involves activities that keep your mind sharp and help you manage unhelpful thoughts. It's about engaging your mind in positive, enriching ways.

Mental Self-Care Ideas:

Select practices that nurture your mental wellbeing:

- Reading books, articles, or poetry
- Learning something new (skill, language, hobby)
- Practicing mindfulness or meditation
- Challenging negative or ED thoughts
- Limiting social media/screen time
- Engaging in puzzles, games, or brain teasers
- Listening to podcasts or educational content
- Practicing gratitude
- Taking breaks from overthinking
- Writing down worries to get them out of my head
- Unfollowing triggering social media accounts
- Other: _____

Mental habits I want to change:

My Mental Self-Care Goal:

Social Self-Care

Social self-care is about nurturing healthy relationships and connecting with others. It also includes setting boundaries and spending time alone when needed.

Social Self-Care Ideas:

Choose ways to nurture your social wellbeing:

- Spending quality time with loved ones
- Reaching out to friends I've lost touch with
- Joining a support group
- Setting boundaries with people who drain my energy
- Asking for help when I need it
- Saying no to social obligations that don't serve me
- Having meaningful conversations
- Planning low-pressure hangouts (walks, coffee, movies)
- Limiting time with toxic or triggering people
- Connecting with others in recovery
- Being present (putting phone away during conversations)
- Other: _____

People who support my recovery:

Boundaries I need to set:

My Social Self-Care Goal:

Spiritual Self-Care

Spiritual self-care is about connecting to something larger than yourself and finding meaning and purpose. This doesn't have to be religious—it can be connection to nature, values, art, or humanity.

Spiritual Self-Care Ideas:

Explore practices that nourish your spirit:

- Spending time in nature
- Meditation or prayer
- Attending religious or spiritual services
- Practicing yoga
- Reflecting on my values and what matters to me
- Reading spiritual or philosophical texts
- Volunteering or helping others
- Engaging in acts of kindness
- Creating or appreciating art, music, poetry
- Watching sunrises or sunsets
- Connecting with animals
- Contemplating what gives my life meaning
- Other: _____

What gives my life meaning and purpose:

My Spiritual Self-Care Goal:

Environmental Self-Care

Environmental self-care involves creating a physical space that feels safe, comfortable, and supportive of your recovery. Your environment significantly impacts your mental and emotional wellbeing.

Environmental Self-Care Ideas:

Ways to create a supportive environment:

- Decluttering and organizing my space
- Making my bed daily
- Adding plants or flowers to my space
- Using calming scents (candles, essential oils)
- Keeping my space clean and tidy
- Creating a cozy, comfortable atmosphere
- Removing triggering items (scales, old clothes, diet books)
- Displaying positive affirmations or recovery reminders
- Having soft lighting or natural light
- Creating a dedicated relaxation space
- Playing calming music or sounds
- Other: _____

Changes I can make to my environment to support recovery:

My Environmental Self-Care Goal:

Recreational Self-Care

Recreational self-care is about engaging in activities that bring you joy, fun, and relaxation. It's remembering how to play and enjoy life beyond the eating disorder.

Recreational Self-Care Ideas:

Activities that bring joy and relaxation:

- Engaging in creative hobbies (art, crafts, music)
- Watching favorite movies or TV shows
- Reading for pleasure
- Playing games (board games, video games)
- Listening to music or making playlists
- Dancing (alone or with others)
- Cooking or baking for enjoyment (not diet-focused)
- Spending time with pets
- Taking relaxing baths
- Exploring new places or hobbies
- Photography
- Gardening
- Other: _____

Activities I used to enjoy before my eating disorder:

New activities I'd like to try:

My Recreational Self-Care Goal:

My Weekly Self-Care Plan

Create a realistic weekly self-care plan. Start small—even 5-10 minutes of intentional self-care daily makes a difference. Remember: self-care is not selfish; it's essential for recovery.

Day	Self-Care Activity	Time/Duration
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Quick Daily Self-Care Ideas (5-10 minutes):

- 5 deep breaths • Stretch your body • Write 3 gratitudes
- Listen to a favorite song • Step outside • Drink water mindfully
- Pet an animal • Text a friend • Light a candle • Put on comfy clothes

My Self-Care Action Plan

Commit to specific self-care actions. Be realistic—it's better to do one thing consistently than to plan ten things and do none.

This week, I commit to these 3 self-care actions:

1. _____

When: _____

2. _____

When: _____

3. _____

When: _____

Potential barriers to self-care:

How I'll overcome these barriers:

Who can support my self-care practice:

Emergency Self-Care Kit

Create a list of quick, accessible self-care activities for crisis moments or when you're feeling overwhelmed. Keep this list handy for difficult days.

When I'm in crisis or extremely distressed, I can:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Emergency Contacts:

Therapist: _____

Trusted friend/family: _____

Crisis hotline (988 or NEDA: 1-800-931-2237): _____

Grounding Techniques for Immediate Relief:

- **5-4-3-2-1 Technique:** Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste
- **Deep Breathing:** Inhale for 4, hold for 4, exhale for 6, repeat
- **Cold Water:** Splash cold water on your face or hold ice cubes
- **Physical Grounding:** Press feet firmly on floor, notice sensations

Self-Care Reflection

Return to this section weekly or monthly to reflect on your self-care practice.

What's working well in my self-care practice:

What I need to adjust or try differently:

How self-care is supporting my recovery:

My self-compassion reminder:

Remember:

Self-care is not a luxury—it's a necessity.

You deserve to take care of yourself.

Small acts of self-care add up to big changes.

Be patient and compassionate with yourself.

Your wellbeing matters. ■

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