

## 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.

*(continued on page 2)*

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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 . . .