

CREATING A SELF-CARE ROUTINE

Creating a self-care routine can be an exciting and empowering way to take care of yourself.

Let's create our own self-care routine using a pizza as our guide! Forget about toppings and crusts, because today we're using a pizza to prioritise and organise our self-care activities.

Just like a pizza has different slices, our self-care routine is made up of different areas of our well-being, including physical health, emotional health, mental health, and personal growth. And just like we choose different toppings for our pizza, we'll choose different self-care activities for each slice of our self-care pizza!

Identify Your Toppings

The first step in creating a self-care routine is to identify your needs. **What areas of your life do you need to focus on?**

Some common areas include physical health, emotional health, mental health, and personal growth.

To get started, grab a piece of paper and divide it into four sections. Label each section with one of the areas listed above. **Then, brainstorm activities that align with each area.** For example, under physical health, you might write down activities like yoga, hiking, or dancing.

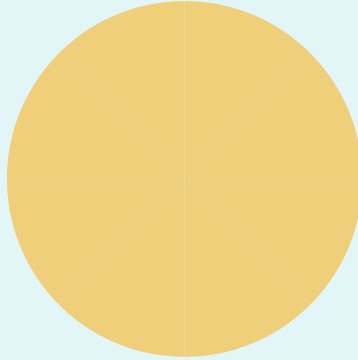
Let's get cooking!

Once you've identified activities for each area, it's time to create your self-care pizza. **This is a fun visual tool that can help you create a self-care routine that covers different areas of your life.**



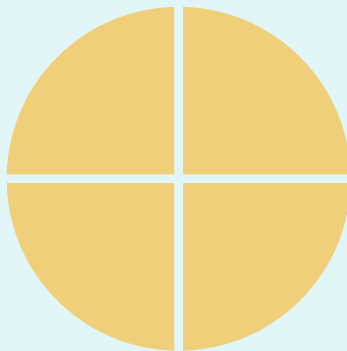
Step 1: Draw the Base

To create your self-care wheel, start by drawing a circle on a piece of paper. This will be the base of your self-care pizza!



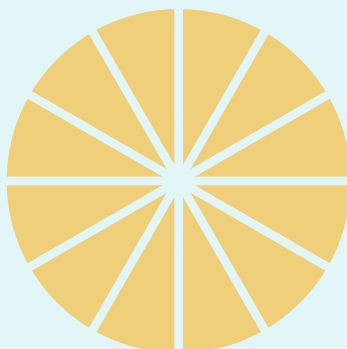
Step 2: Divide it into Four Slices

Divide the circle into four equal slices, like you would for a pizza. Each slice represents a different aspect of self-care: physical health, emotional health, mental health, and personal growth.



Step 3: Divide Each Slice into Three Sections

Draw three lines in each slice to divide it into three sections. Each section will represent a different activity or action that you can take to care for that aspect of your well-being.





Step 4: Assign Activities

Think of activities that fit into each section of each slice.

For example, in the physical health slice, you might put activities like jogging, stretching, or dancing.

In the emotional health slice, you might put activities like talking to a friend, writing in a journal, or taking a relaxing bath.

In the mental health slice, you might put activities like meditating, reading, or practising deep breathing.

In the personal growth slice, you might put activities like taking a class, trying a new hobby, or pursuing a passion project.

Step 5: Set your priorities!

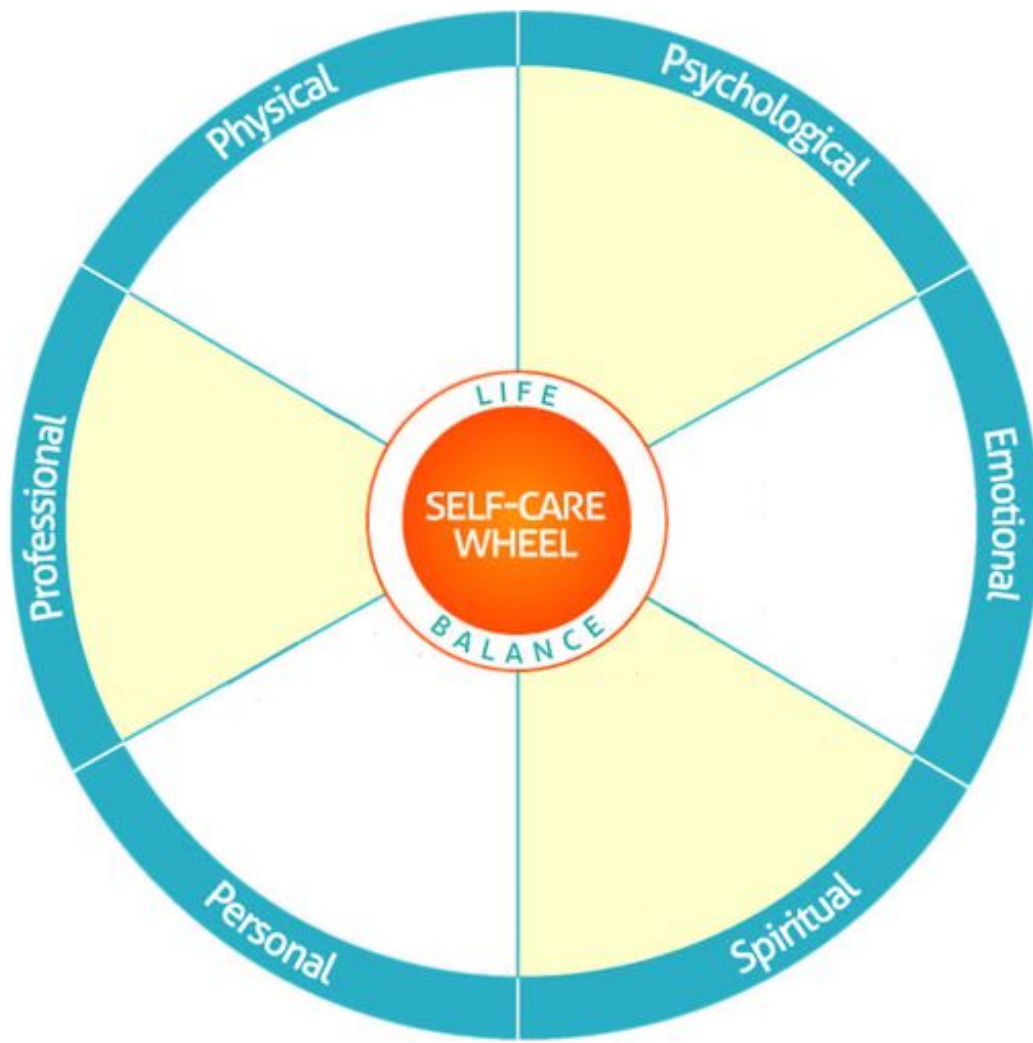
Next, assign a number between 1 and 3 to each activity, with 1 being the least important and 3 being the most important in every slice.

After assigning a number between 1 and 3 to each activity, draw a line in each section of your slice up to the number you assigned to each activity.

For example, if you assigned a 3 to jogging in the physical health slice, draw a line in the jogging section that goes up to the number 3.

Do this for each activity in each section of each slice.

This step is important because it allows you to understand which activities are most important to you in each area of your life. By drawing a line up to the assigned number for each activity, you can see which activities you've prioritised over others.



Step 7: Keep it Going

Schedule time for your chosen activities each day or week, and stick to it. **Use your pizza as a guide to make sure you're taking care of all areas of your life.** And remember to adjust your routine as needed to keep it fresh and exciting!



Step 6: Build Your Routine

Choose one activity from each slice of your pizza that you enjoy and can realistically commit to. For example, you might choose jogging for physical health, talking to a friend for emotional health, meditating for mental health, and taking a class for personal growth.



By taking the time to focus on your physical, emotional, mental, and personal growth, you're taking an important step towards improving your overall well-being.

Remember, self-care isn't a one-time event, it's a continuous practice. Use your self-care pizza as a guide to help you stay on track, but feel free to switch things up and add new toppings (activities) on the go.

And last but not least, don't forget to enjoy the process! Self-care doesn't have to be a chore, it can be fun and rewarding. **So savour every slice of your self-care pizza and bask in the glow of taking care of yourself!**

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/> get started and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

