Self-Care Log

When we are under stress, we sometimes forget to look after ourselves. Try and do three things a day for yourself and keep a record. This will help you feel healthier and also improve your mood. ***You must do this even though you might not feel like it***. Committing yourself to healthy activity is actually the best antidote to depression and lack of motivation. But if you wait for the motivation to come, it will never happen.

Day/Date	Need	Activity	Benefit
Examples:	Physical	Nap	Increased energy
	Mental	Did some knitting	Forgot about pain; felt relaxed
	Emotional	Laughing with friends	Felt happy, relaxed, connected
	Self-actualization	Helped son with homework	Feeling of contributing