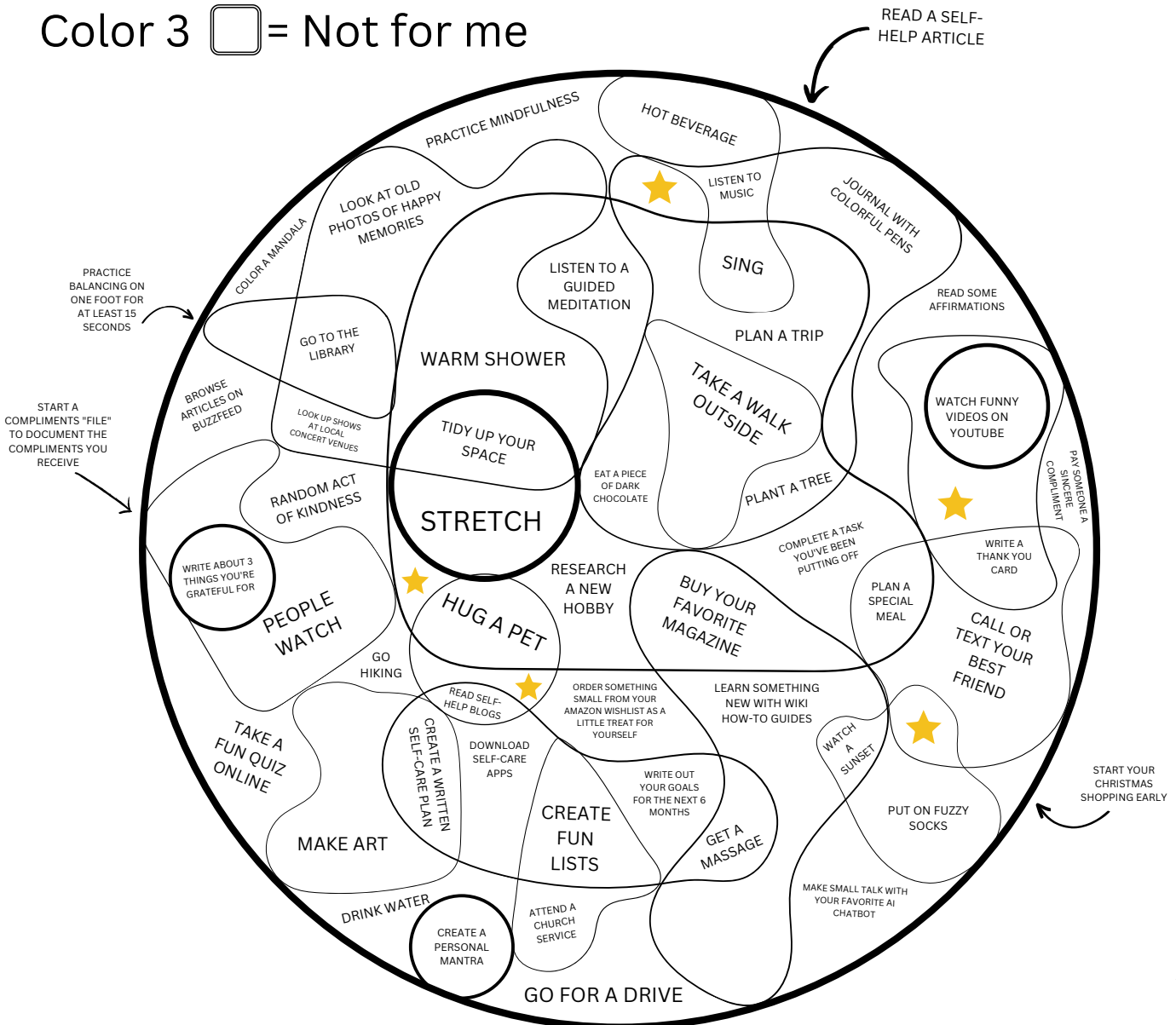# Self-Care in Colors

Select three different colors to complete the key below and then color in the self-care "map." Pick one color to represent your current self-care regimen (i.e., things you've done in the past week), another for ideas you're interested in, and a third color for self-care practices you've tried in the past, but found unhelpful. (Hint: Use blues and greens to make the map look more like a globe.)

Color 1 ☐ = Current self-care   ⭐ = Free space

Color 2 ☐ = Plan on trying

Color 3 ☐ = Not for me

PRACTICE MINDFULNESS

READ A SELF-HELP ARTICLE

HOT BEVERAGE

LOOK AT OLD PHOTOS OF HAPPY MEMORIES

COLOR A MANDALA

LISTEN TO MUSIC

JOURNAL WITH COLORFUL PENS

PRACTICE BALANCING ON ONE FOOT FOR AT LEAST 15 SECONDS

LISTEN TO A GUIDED MEDITATION

SING

READ SOME AFFIRMATIONS

GO TO THE LIBRARY

WARM SHOWER

PLAN A TRIP

START A COMPLIMENTS "FILE" TO DOCUMENT THE COMPLIMENTS YOU RECEIVE

BROWSE ARTICLES ON BUZZFEED

LOOK UP SHOWS AT LOCAL CONCERT VENUES

TIDY UP YOUR SPACE

TAKE A WALK OUTSIDE

WATCH FUNNY VIDEOS ON YOUTUBE

EAT A PIECE OF DARK CHOCOLATE

PLANT A TREE

PAY SOMEONE A SINCERE COMPLIMENT

RANDOM ACT OF KINDNESS

STRETCH

COMPLETE A TASK YOU'VE BEEN PUTTING OFF

PLAN A SPECIAL MEAL

WRITE A THANK YOU CARD

WRITE ABOUT 3 THINGS YOU'RE GRATEFUL FOR

PEOPLE WATCH

HUG A PET

RESEARCH A NEW HOBBY

BUY YOUR FAVORITE MAGAZINE

CALL OR TEXT YOUR BEST FRIEND

GO HIKING

READ SELF-HELP BLOGS

ORDER SOMETHING SMALL FROM YOUR AMAZON WISHLIST AS A LITTLE TREAT FOR YOURSELF

LEARN SOMETHING NEW WITH WIKI HOW-TO GUIDES

TAKE A FUN QUIZ ONLINE

CREATE A WRITTEN SELF-CARE PLAN

DOWNLOAD SELF-CARE APPS

WATCH A SUNSET

START YOUR CHRISTMAS SHOPPING EARLY

MAKE ART

CREATE FUN LISTS

WRITE OUT YOUR GOALS FOR THE NEXT 6 MONTHS

GET A MASSAGE

PUT ON FUZZY SOCKS

DRINK WATER

CREATE A PERSONAL MANTRA

ATTEND A CHURCH SERVICE

MAKE SMALL TALK WITH YOUR FAVORITE AI CHATBOT

GO FOR A DRIVE

Self-Care in Colors (cont.)

When you're finished coloring in the map, take note of any patterns or things that stand out.

Are there a lot of blank spaces?

How do your current self-care practices compare to past and potentials? Write your observations here.

Which color is the most prevalent on your map?

What do you think this means for your self-care routine?

If there are a lot of white spaces, consider whether this is a lack of self-care or a matter of personal preference. If the self-care activities from this exercise don't appeal to you, use the blank map on the next page to write in your own ideas for self-care.

Self-Care in Colors (cont.)

Color 1 ☐ = Current self-care
Color 2 ☐ = Plan on trying
Color 3 ☐ = Have tried before

⭐ = Free space