

# Wildcat Self Care Motivator Today's date: \_\_\_\_\_ My timeframe for these goals: Today This week This month

This tool is intended to help remind you to take care of yourself. This is a stressful time for many people. Self-care is especially important right now. Select one or more of the areas below to work on any of the timeframe options. Focus on setting realistic goals and on recognizing struggles you may need to overcome in order to achieve your goals. Share your ideas with your family - they may need extra self-care right now too! Plus, having extra support will keep you more motivated.

## Physical Activity

I will spend at least \_\_\_\_\_ days doing the following physical activity for \_\_\_\_\_ minutes:

- Take a walk/run
- Ride a bike
- Skateboard/rollerblade
- Practice a sport
- Other \_\_\_\_\_

## FUN

Regardless of how I feel, I will commit to scheduling \_\_\_\_\_ fun activities, including

- Talk with friends
- Go outside
- Watch Netflix or TV
- Play video games
- Other \_\_\_\_\_

## Healthy Habits

I will make the following choices to stay healthy

- Healthy meal choices
- Exercise
- Get a good night sleep
- Limit screen time
- Other \_\_\_\_\_

## Get Support from Others

I will spend at least \_\_\_\_\_ minutes on at least \_\_\_\_\_ days spending time with:

- Family
- Friends via text/facetime
- Pets
- Other \_\_\_\_\_

## Relaxation

I will spend at least \_\_\_\_\_ minutes on at least \_\_\_\_\_ days on the following relaxing activities:

- Watch my favorite show
- Quiet time
- Listen to music
- Other \_\_\_\_\_

## Stress Relief

If I'm feeling stressed, I can do one of these:

- Practice mindful breathing
- Write down things you're grateful for
- LAUGH! Watch something funny or spend time with someone who makes me laugh
- Other \_\_\_\_\_

How likely are you to follow through with these activities? Circle one.

Not Likely	1	2	3	4	5	6	7	8	9	10 Very Likely
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What might get in the way of you achieving these goals? Brainstorm ways to overcome these challenges. Who can help and support you?