

## Finding Your Battery Chargers

*Check the box for yes under Ask Yourself. Check the box of self-care activities you currently do, star those you would like to begin doing. Add other ideas you are considering.*

*“Most of us live our lives as the human equivalent of smartphones running on 10 percent battery power. At any given time, you’re just an hour or so away from shutting off, but you insist on eking out a few more minutes in Low Power mode. Which means you’re slower than you need to be. Dimmer. You feel drained. Stressed out. Your processing time stinks. The truth is that you have battery chargers everywhere.” [Sara Mednick, PhD](#)*

### Physical

<i>Ask Yourself:</i>	<i>Consider:</i>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Are you getting adequate sleep?</li> <li><input type="checkbox"/> Is your diet fueling your body?</li> <li><input type="checkbox"/> Are you taking care of your health?</li> <li><input type="checkbox"/> Are you getting enough movement?</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pause and check-in with your body before getting out of bed</li> <li><input type="checkbox"/> Practice slow, deep breathing</li> <li><input type="checkbox"/> Stretch when you take a break</li> <li><input type="checkbox"/> Take a walk</li> <li><input type="checkbox"/> Move your body</li> <li><input type="checkbox"/> Create something (draw, paint, cook, sculpt, collage)</li> <li><input type="checkbox"/> Reconnect with a hobby</li> <li><input type="checkbox"/> Spend time outdoors</li> <li><input type="checkbox"/> Drink lots of water</li> <li><input type="checkbox"/> Get enough sleep</li> <li><input type="checkbox"/> Create a tranquil environment</li> </ul>

### Psychological

<i>Ask Yourself:</i>	<i>Consider:</i>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Are you making enough time for stimulating activities?</li> <li><input type="checkbox"/> Are you doing proactive things to help you stay mentally healthy?</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Journal/reflect</li> <li><input type="checkbox"/> Practice gratitude</li> <li><input type="checkbox"/> Practice saying five positive things to yourself</li> <li><input type="checkbox"/> Act from a place of worthiness</li> <li><input type="checkbox"/> Allow yourself to be vulnerable</li> <li><input type="checkbox"/> Take off your armor</li> <li><input type="checkbox"/> Let go of perfectionism</li> <li><input type="checkbox"/> Practice authenticity</li> <li><input type="checkbox"/> Join a support group</li> </ul>

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### Social

<i>Ask Yourself:</i>	<i>Consider:</i>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Are you spending enough face-to-face time with your friends?</li> <li><input type="checkbox"/> What are you doing to nurture your relationships with friends and family?</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice hugging meditation</li> <li><input type="checkbox"/> Call a friend</li> <li><input type="checkbox"/> Plan an activity with family or friends</li> <li><input type="checkbox"/> Share your story</li> <li><input type="checkbox"/> Receive the love that comes to you</li> <li><input type="checkbox"/> Ask for what you need but are afraid to ask for</li> <li><input type="checkbox"/> Practice saying no</li> <li><input type="checkbox"/> Open yourself to connect with people</li> </ul>

### Emotional

<i>Ask Yourself:</i>	<i>Consider:</i>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have healthy ways to process your emotions?</li> <li><input type="checkbox"/> Do you incorporate activities into your life that help you feel recharged?</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Say “no” to things that cause unnecessary stress</li> <li><input type="checkbox"/> Laugh every single day</li> <li><input type="checkbox"/> Practice being with discomfort</li> <li><input type="checkbox"/> Process emotions using RAIN</li> <li><input type="checkbox"/> Savor joy and love</li> <li><input type="checkbox"/> Take in the good</li> </ul>

### Spiritual

<i>Ask Yourself:</i>	<i>Consider:</i>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you reflect on the meaning and purpose of your life?</li> <li><input type="checkbox"/> Do you engage in spiritual practices that you find fulfilling?</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attending a religious service</li> <li><input type="checkbox"/> Spending time in nature</li> <li><input type="checkbox"/> Meditate</li> <li><input type="checkbox"/> Reflect</li> <li><input type="checkbox"/> Practice gratitude</li> <li><input type="checkbox"/> Practice kindness</li> <li><input type="checkbox"/> Experience awe</li> </ul>