

Self-Nourishment Checklist

Instructions:

1. Check those self-nourishment activities you are currently making time for in your life.
2. Circle three new self-nourishment activities you would like to fit into your life.
3. Complete the Self-Nourishment Plan, detailing how you will fit the new activity into your life.

Physical Comfort

- Temperature/Warmth
Keeping optimal room temperature; hot showers or tubs
- Clothes
Pleasing texture and color; loose rather than constricting
- Bed
Good support; warm and comforting
- Furniture
At least one good, comfortable chair; a work space with room to spread out
- Food
Healthy, good tasting foods to look forward to
- Drink
Warm or cool, good-tasting beverages; avoid caffeine
- Massage/Sensuality
Relaxing physical touch
- Tension Level
Relaxation exercises; meditation
- Energy
Rest; sleep; quiet time
- Movement
Aerobic exercises; stretching; athletics
- Pain Level
If pain can be remedied, get immediate treatment or something to soothe it

Self-Nourishment Checklist....Continued

- Smell
Avoid unpleasant odors; consider using scents
- Grooming
Manicure, haircuts, etc.
- Pace of Life
Avoid rushing – plan space between appointments and events; generous deadlines

Connectedness

- Friends
Regular contact through phone and visits; plan shared activities
- Groups
Sense of belonging to a regularly scheduled group activity; sports, hobbies, political or community action, educational or creative groups, etc.
- Family
Regular contact with supportive and interested family members
- Generosity
Giving and doing things for others
- Partner
Creating time alone with each other; scheduling fun; planning sensual or sexual experiences; small gifts (objects or time and energy)
- Community
Church activities; PTA; town hall; neighborhood association

Emotional Balance

- Meaning
Setting and pursuing a goal; service to others; creating something
- Pleasure
Scheduling time for things you enjoy

Self-Nourishment Checklist....Continued

- Limits
Saying no to things you don't want to do or experience
- Gratitude
Daily meditation on what you appreciate and value in your life
- Mindfulness
Disciplining your mind to focus on the moment – what it feels like to wash the dishes, drive with the window open, take long strides as you walk home; mindfulness meditation
- Creativity
Making things – whether poetry and art or hemming new curtains
- Aesthetics
Arranging your environment so there are more things you like to look at
- Nature
Planning regular periods (however brief) in your favorite natural environments
- Learning
Enjoying new knowledge; developing a new skill
- Affirmation
Reminding yourself regularly of your positive core qualities
- Time Alone
Scheduling private time to think, reflect, and plan
- Stress Breaks
Scheduling brief recovery periods (from a few minutes to a few days) to help manage stressful situations
- After Work Cool-Out
Time to decompress immediately after getting home
- Passive relaxation
Books, videos, plays, etc.
- Active Relaxation
Hobbies, interests, projects

Self-Nourishment Plan

Item #1 _____

When (day/time) _____

Where _____

Frequency (if applicable) _____

Rescheduling (what do you have to change or arrange to stop doing to make room for this self-nourishment experience?) _____

Item #2 _____

When (day/time) _____

Where _____

Frequency (if applicable) _____

Rescheduling (what do you have to change or arrange to stop doing to make room for this self-nourishment experience?) _____

Item #3 _____

When (day/time) _____

Where _____

Frequency (if applicable) _____

Rescheduling (what do you have to change or arrange to stop doing to make room for this self-nourishment experience?) _____

Source: "Being Good to Yourself"