A GENTLE SELF-CARE WORKBOOK

Small Steps, Better Days

A realistic guide to everyday wellness, one small choice at a time.

Self-care does not need to be expensive, time-consuming, or perfect. It can mean noticing what you need and making room for one manageable action today.

THE FOUR AREAS OF A CHECK-IN

Body: rest, food, water, movement. Mind: a break from worry or information overload. Connection: time with someone supportive. Environment: a little space, quiet, or order.

Today, the area that needs the most care is:

One small thing that might help is:

A small step still counts.

NOTICE WHAT YOU NEED

Your Wellness Check-In

There is no score to pass. Just notice what is true today.

PAUSE AND NOTICE

How is your energy (low / medium / high)? How is your mood? Have you had enough rest, nourishment, and connection? Which expectation could you soften today?

My energy and mood today feel like:

Something that has been draining me lately:

Something that helps me feel restored:

You can meet yourself where you are.

BUILD YOUR WEEK

A Week of Small Steps

Pick actions that fit your real life, not an ideal schedule.

IDEAS TO BORROW

Take a five-minute stretch break. Drink a glass of water. Step outside. Set a bedtime reminder. Text a friend. Put your phone away for ten minutes. Say no to one extra task.

MY SIMPLE WEEKLY PLAN

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Keep it flexible. Rest days count, too.

YOUR PERSONAL WELLNESS PLAN

My Better Days Plan

Choose one next step and give yourself permission to adjust.

One habit I want to make easier:

A realistic first step I can take this week:

What might get in the way, and what could help:

A person or resource I can turn to for support:

SUPPORT IS PART OF WELLNESS

Therapeutic Empowerment & Wellness (TEW) offers mental health services through telehealth across Maryland. Learn more at therapeuticempowerwellness.com.

This workbook is educational and is not a substitute for individualized mental health care. If you are in immediate danger, call 911. For emotional crisis support in the U.S., call or text 988.