

# Self-Care Worksheet

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## Journaling Prompts

Use these prompts to reflect on your somatic healing journey and deepen your connection to yourself.

### 1. Body Awareness:

- Where do I feel tension or ease in my body today?
- What part of my body feels most alive, and why?

### 2. Emotional Awareness:

- What emotions surfaced during or after my practice?
- Are there emotions my body wants to release?

### 3. Self-Connection:

- What is my body asking for today?
- How can I show myself compassion right now?

## Breathwork Techniques

Practice these techniques to calm the mind, center yourself, or boost your energy.

### 1. Diaphragmatic Breathing:

- Place one hand on your belly and the other on your chest.
- Breathe deeply, feeling your belly rise and fall with each inhale and exhale. Repeat for 1–3 minutes.

### 2. 4-7-8 Breathing:

- Inhale deeply through your nose for 4 counts.
- Hold your breath for 7 counts.
- Exhale slowly through your mouth for 8 counts. Repeat 4 times.

### 3. Box Breathing:

- Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, and pause for 4 counts.
- Repeat this cycle for 1–2 minutes to restore balance.

### Weekly Self-Care Tracker

Use this tracker to stay consistent with your self-care practices and reflect on your progress.

Day	Movement/Body Awareness	Breathwork/Meditation	Emotional Check-In
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			