health&wellness

MY DAILY SELF-CARE LOG

FOOD CHOICES I MADE TODAY:

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

My food mood today:

satisfied   just ok   not happy   help!

Tomorrow I will:

Today's physical activity:

Activity/ # minutes	Activity/ # minutes

Tomorrow I want to:

TODAY'S STRESSORS	RATE THEM			HOW I COPED	EFFECT/ OUTCOME	WHAT I LEARNED
	High	Mod	Low			
Academics						
Friends						
Family						
Health						
Finances						
Job						
Other						

My Mood Tracker:
Today I felt mostly

	0	1	2	3	4	5
Sociable						
Content						
Optimstic						
Curious						
Energetic						

What happened today to affect my mood?

My Goals:

My self-care goals for today were:

My end-of-day reflection:

My goals for tomorrow:

My Sleep Record:

Bedtime last night:	Estimated hours of sleep:

Degree of sleepiness today:

very   somewhat   none

My sleep target tonight:	Target bedtime tonight:

Bedtime routine tonight:

My network:

1)

2)

3)

I ask for help when:

HOW TO USE YOUR DAILY SELF-CARE LOG

Start by completing your self-care log at the end of each day. Over time, reflecting, planning and implementing should become habit and completing the log may no longer be necessary.

Food choices:
Record what you ate today. Did you eat a balanced diet? Note how you feel about what and how you ate (was it satisfying? enjoyable?). If you don't feel good about some aspect, think about what you might do differently tomorrow.

Today's physical activity:
Physical activity can mean walking to school or work, taking the stairs, dancing in your room or taking a yoga class. Record how the physical activity made you feel – alert, energized, tired?

Today's stressors:
Knowing how to cope with stress begins with understanding what causes you to feel stressed. Notice what caused you stress today and the intensity of it. Not all stress is bad – it can be a powerful and important motivator.

a. How I coped: How did you deal with stress? E.g. exam was the stressor, I coped by studying, getting enough sleep and staying positive.

b. Effect/outcome: What was the outcome of your strategy for coping with the stress – decreased stress, no effect, increased stress, other?

c. What I learned: Will you try a different coping mechanism next time? Will you ask someone for help with the situation? What resources are available to help you to cope with this stressor?

Mood tracker:
Note your mood today, then look at the rest of your Log, and reflect on what may have impacted your mood. For example, if you see that a lack of sleep may be affecting your mood, think about what you could do to get a better night's sleep. You could also look at past Daily Logs to see if there is a pattern. Are there strategies or resources available to help you sleep better, and improve your mood?

My sleep record:
Sleep affects your mood, energy level, ability to focus, memorize and recall information. It's important is to go to bed and get up at the same time every day. If you're having difficulty falling asleep, a bedtime routine may help. Avoiding stimulants such as coffee, nicotine and vigorous exercise close to bedtime may also help.

My self-care goals:
List the things you had planned to do today to take care of yourself. Did you meet those goals?

End of day recap:
If you met your goals, reward yourself for a job well done! If you didn't meet your goals, think about why. What were the obstacles? What can you change to help you to meet your self-care goals tomorrow?

Goals for tomorrow:
List the things you need to do tomorrow, then prioritize the most important items. Cross out the things that can wait and focus on what you have prioritized and that you can control.

My network:
Make a list of the people or places that you turn to for advice, comfort or support. How often do you connect with the important people in your life? Could you make time to connect more often? How do you know when you need to ask for help? Consider where you would go to ask for help if you needed it.