

A HOLISTIC LOOK AT SELF-CARE

For use with Navigating Loss, Loneliness, and Aging: Reconnecting to Sources of Strength Series

Select one of the questions on the slide, such as: *What makes me laugh?* Now, spend 3 minutes free writing your answer to that question. The rules of freewriting are simple: set a timer and keep your hand moving the entire time. Write without stopping, without correcting, or without too much thinking. When we write this way, quickly and from a sort of streaming flow, sometimes new ideas or thoughts come to us and this can be very helpful. If you enjoy expressive writing, come back to this slide later or print out this slide and use the expressive writing practice to create your self-care plan. You might even find that freewriting itself becomes a valued self-care strategy!

By the way, if you'd like to learn more about the research related to expressive writing and good health and mental health, a researcher named James Pennebaker pioneered this work.

BIOLOGICAL	What routines help me sleep best?	
	What foods nourish me?	
	How can I infuse my days with more movement and physical activity?	

PSYCHOLOGICAL

Who or what calms me?

What makes me laugh?

When do I feel confident and strong?

SOCIAL

Who can I call on for support?

Who do I enjoy spending time with?

SPIRITUAL

What is the source of my greatest joy?

What do I deeply believe in?

What gives my life meaning?