



RESOURCE 1.2

SELF-CARE FOR RELATIONSHIP STRESS

HVL Connect Client Resource

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ABOUT THIS RESOURCE

Purpose: This resource provides a comprehensive self-care system for managing relationship challenges and stress. Use it to maintain your well-being while working on your relationship.

When to use this:

- You're experiencing relationship stress or challenges
- You're feeling overwhelmed, anxious, or burned out
- You're neglecting your own needs while focusing on relationship
- You need to rebuild your foundation
- You want to prevent crisis or breakdown
- You're in coaching and need self-care support

What this resource provides:

- Six Pillars of Self-Care framework
- Practical self-care strategies
- Boundary-setting guidance
- Anxiety management tools
- Daily, weekly, and monthly self-care plans
- Emergency self-care protocols



INTRODUCTION: WHY SELF-CARE MATTERS

Self-Care Is Not Selfish

Many people believe:

- "I don't have time for self-care"
- "My partner/relationship needs me more than I need self-care"
- "Self-care is selfish or indulgent"
- "I'll take care of myself after the relationship is fixed"
- "Self-care is bubble baths and face masks" (it's much more)

The truth:

- **You cannot pour from an empty cup**
- **Self-care makes you a better partner**
- **Neglecting yourself makes relationship problems worse**
- **Self-care is essential, not optional**
- **Taking care of yourself IS taking care of your relationship**

The Oxygen Mask Principle

***On an airplane, you put your oxygen mask on first before helping others.
Why?***

Because if you pass out, you can't help anyone.

In relationships:

If you're depleted, anxious, resentful, or burned out, you cannot show up well for your partner or relationship.

Self-care is:

- Putting your oxygen mask on first
- Filling your cup so you can pour into the relationship
- Maintaining your foundation so you can build together
- Taking responsibility for your own well-being

This is not selfish. This is essential.



Types of Self-Care

Self-care is NOT just:

- Bubble baths
- Spa days
- Treating yourself

Self-care IS:

- **Physical:** Sleep, nutrition, movement, health
- **Emotional:** Processing feelings, expressing emotions, seeking support
- **Mental:** Learning, growth, mindfulness, boundaries
- **Social:** Maintaining friendships, community, connection
- **Spiritual:** Meaning, purpose, values, connection to something larger
- **Practical:** Organization, finances, time management, environment

This resource covers all six pillars.



THE SIX PILLARS OF SELF-CARE

Assessment: Where Are You Now?

Rate each pillar (1-10):

1 = Completely neglected, 10 = Thriving

Physical Self-Care: _____

(Sleep, nutrition, movement, health)

Emotional Self-Care: _____

(Processing feelings, expression, support)

Mental Self-Care: _____

(Learning, mindfulness, boundaries)

Social Self-Care: _____

(Friendships, community, connection)

Spiritual Self-Care: _____

(Meaning, purpose, values)

Practical Self-Care: _____

(Organization, finances, time management)

Overall Self-Care Score: _____ (average of all six)

What this means:

8-10: You're doing well in this area. Maintain it.

5-7: This area needs attention. Prioritize improvement.

1-4: This area is severely neglected. Make it a priority NOW.

Which pillar needs the most attention?

Which pillar is your strongest?

What would improve your overall self-care most?



PILLAR 1: PHYSICAL SELF-CARE

Why Physical Self-Care Matters

Your body affects your mind and emotions.

When you're physically depleted:

- You're more irritable and reactive
- You have less patience
- You're more anxious and stressed
- You can't think clearly
- You're more likely to say or do things you regret
- Your relationship suffers

When you're physically well:

- You're calmer and more regulated
- You have more energy for the relationship
- You can handle stress better
- You think more clearly
- You show up better for your partner

Sleep Hygiene

SLEEP IS FOUNDATIONAL.

How much sleep are you getting?

Current: _____ hours per night

Needed: _____ hours per night (most adults need 7-9)

Sleep quality (1-10): _____

If sleep is poor, address it

Sleep hygiene basics:

- ☐ Consistent sleep schedule (same bedtime/wake time)
- ☐ Dark, cool, quiet bedroom
- ☐ No screens 1 hour before bed
- ☐ No caffeine after 2pm
- ☐ No alcohol close to bedtime (disrupts sleep quality)
- ☐ Wind-down routine (30-60 minutes)
- ☐ Comfortable mattress and pillows
- ☐ Address snoring or sleep apnea



Wind-down routine ideas:

- ☐ Warm bath or shower
- ☐ Reading (not on screen)
- ☐ Gentle stretching or yoga
- ☐ Meditation or breathing exercises
- ☐ Journaling
- ☐ Calming tea (chamomile, lavender)
- ☐ Soft music or white noise
- ☐ Gratitude practice

My wind-down routine:

Bedtime: _____

Wake time: _____

Hours of sleep: _____

Nutrition Basics

YOU NEED FUEL TO FUNCTION.

Current eating patterns:

- ☐ Regular meals (3 per day)
- ☐ Skipping meals frequently
- ☐ Eating when stressed/emotional
- ☐ Not eating enough
- ☐ Eating too much processed food
- ☐ Not drinking enough water

Basic nutrition for stress:

EAT:

- ☐ Regular meals (don't skip)
- ☐ Protein at each meal (stabilizes blood sugar and mood)
- ☐ Fruits and vegetables (vitamins, minerals, fiber)
- ☐ Whole grains (sustained energy)
- ☐ Healthy fats (brain function)
- ☐ Adequate calories (restriction increases stress)

LIMIT:

- ☐ Excessive caffeine (increases anxiety)
- ☐ Alcohol (disrupts sleep, increases depression)
- ☐ Sugar crashes (blood sugar affects mood)



- Processed foods (inflammation, energy crashes)

HYDRATE:

- 8+ glasses of water per day
- More if exercising or stressed
- Dehydration increases anxiety and fatigue

My nutrition goals:

1. _____
2. _____
3. _____

Movement and Exercise

MOVEMENT REGULATES YOUR NERVOUS SYSTEM.

Current movement:

- Sedentary (little to no movement)
- Light activity (walking, stretching)
- Moderate exercise (3-4 times per week)
- Regular exercise (5+ times per week)

Benefits of movement for relationship stress:

- Reduces anxiety and depression
- Improves sleep
- Increases energy
- Regulates emotions
- Clears your mind
- Boosts confidence
- Provides healthy outlet for stress

You don't need a gym membership. You need to MOVE.

Movement options:

- Walking (20-30 minutes daily)
- Yoga or stretching
- Dancing
- Swimming
- Biking
- Hiking



- ☐ Home workouts (YouTube, apps)
- ☐ Sports or recreational activities
- ☐ Gardening or yard work
- ☐ Playing with kids or pets

My movement plan:

Daily: _____

Weekly: _____

When stressed: _____

Body Awareness and Care

LISTEN TO YOUR BODY.

Body scan check-in:

- ☐ Where am I holding tension? (jaw, shoulders, stomach, etc.)
- ☐ What does my body need right now?
- ☐ Am I in pain or discomfort?
- ☐ Do I need medical attention for anything?

Physical self-care practices:

- ☐ Stretching or yoga
- ☐ Massage (professional or self-massage)
- ☐ Hot bath or shower
- ☐ Heating pad or ice pack for pain
- ☐ Deep breathing
- ☐ Progressive muscle relaxation
- ☐ Medical check-ups (annual physical, dental, vision)
- ☐ Address chronic pain or health issues

Medical care I'm avoiding:

When I'll address it:



Physical Self-Care Plan

DAILY:

- ☐ 7-9 hours of sleep
- ☐ 3 regular meals
- ☐ 8+ glasses of water
- ☐ 20-30 minutes of movement
- ☐ Stretch or move every hour if sedentary

WEEKLY:

- ☐ 3-5 exercise sessions
- ☐ Meal planning/prep
- ☐ One restorative activity (bath, massage, etc.)

MONTHLY:

- ☐ Health check-in (address any concerns)
- ☐ Evaluate sleep, nutrition, movement
- ☐ Adjust plan as needed

IMMEDIATELY:

- ☐ One physical self-care action I'll take today:



PILLAR 2: EMOTIONAL SELF-CARE

Why Emotional Self-Care Matters

EMOTIONS DON'T GO AWAY WHEN YOU IGNORE THEM.

When you suppress or avoid emotions:

- They build up and explode later
- They leak out in unhealthy ways
- They create physical symptoms (headaches, stomach issues, tension)
- They damage your relationships
- They increase anxiety and depression

When you practice emotional self-care:

- You process emotions in healthy ways
- You communicate more effectively
- You're less reactive
- You understand yourself better
- Your relationships improve

Feeling Your Feelings

YOU'RE ALLOWED TO FEEL WHATEVER YOU FEEL.

Common emotions during relationship stress:

- Sadness
- Anger
- Fear
- Anxiety
- Confusion
- Hurt
- Disappointment
- Resentment
- Loneliness
- Overwhelm
- Grief
- Shame
- Guilt

All of these are valid. None are "bad."



Emotional self-care means:

- Acknowledging what you feel
- Allowing yourself to feel it
- Not judging yourself for feeling it
- Processing it in healthy ways
- Not staying stuck in it forever

Emotional Expression

EMOTIONS NEED TO MOVE THROUGH YOU.

Healthy ways to express emotions:

SADNESS/GRIEF:

- Cry (alone or with safe person)
- Journal about loss or disappointment
- Talk to trusted friend or therapist
- Create art or music
- Allow yourself to grieve

ANGER:

- Physical release (exercise, punch pillow, throw ice cubes)
- Write angry letter (don't send)
- Talk it out with safe person
- Identify what's underneath (hurt, fear, boundary violation)
- Use anger as information, not weapon

FEAR/ANXIETY:

- Name the fear specifically
- Talk about it with safe person
- Write worst-case scenario, then reality-check it
- Use grounding techniques
- Take action on what you can control

OVERWHELM:

- Brain dump (write everything down)
- Break into smaller pieces
- Ask for help
- Do one thing at a time
- Give yourself permission to not do everything



HURT:

- ☐ Acknowledge the wound
- ☐ Talk about it (with person who hurt you or safe other)
- ☐ Journal about impact
- ☐ Seek validation and support
- ☐ Decide what you need to heal

Processing Difficult Emotions

JOURNALING PROMPTS FOR EMOTIONAL PROCESSING:

What am I feeling right now?

Where do I feel it in my body?

What triggered this feeling?

What is this emotion trying to tell me?

What do I need right now?



What would help me feel better?

What's one small step I can take?

Emotional Boundaries

YOU'RE RESPONSIBLE FOR YOUR EMOTIONS. NOT EVERYONE ELSE'S.

Emotional boundaries mean:

- You can feel your feelings without taking on others' feelings
- You can support your partner without fixing their emotions
- You can say no to emotional demands
- You can take space when you need it
- You don't have to explain or justify your feelings

Unhealthy emotional patterns:

- ☐ Taking responsibility for partner's emotions
- ☐ Suppressing your feelings to keep peace
- ☐ Feeling guilty for having needs
- ☐ Over-functioning emotionally for others
- ☐ Absorbing others' anxiety or stress
- ☐ Feeling responsible for making everyone happy

Healthy emotional boundaries:

- ☐ "I care about you AND I need to take care of myself"
- ☐ "I can support you without fixing you"



- "I'm allowed to have my own feelings"
- "I can take space when I'm overwhelmed"
- "Your emotions are yours; mine are mine"

Emotional Self-Care Plan

DAILY:

- Check in with emotions (morning and evening)
- Journal or express feelings
- Practice self-compassion
- Allow yourself to feel

WEEKLY:

- Process week's emotions (journal or talk)
- Cry if you need to
- Release stored emotions (movement, expression)
- Connect with supportive person

MONTHLY:

- Emotional inventory (what's been present?)
- Patterns noticed
- What needs attention
- Therapy or coaching session

IMMEDIATELY:

- One emotional self-care action I'll take today:



PILLAR 3: MENTAL SELF-CARE

Why Mental Self-Care Matters

YOUR MIND NEEDS CARE TOO.

When mental self-care is neglected:

- You ruminate and spiral
- You catastrophize
- You can't focus
- You're mentally exhausted
- You lose yourself in the relationship stress

When you practice mental self-care:

- You have mental clarity
- You can think through problems
- You maintain your identity
- You have mental energy
- You're more present

Learning and Growth

ENGAGE YOUR MIND POSITIVELY.

Mental self-care through learning:

- Read books (fiction or non-fiction)
- Learn new skill or hobby
- Take a class or course
- Listen to podcasts
- Watch educational content
- Engage in intellectual conversations
- Work on puzzles or brain games
- Pursue interests outside the relationship

Benefits:

- Gives you something positive to focus on
- Builds confidence and competence
- Provides sense of progress and accomplishment
- Keeps your mind engaged in healthy ways
- Reminds you that you're more than your relationship stress



- Creates positive neural pathways
- Gives you something to look forward to

What I want to learn or explore:

How I'll make time for it:

Mindfulness for Mental Clarity

MINDFULNESS CALMS THE MENTAL STORM.

5-minute mindfulness break:

1. Sit comfortably
2. Close eyes or soften gaze
3. Focus on breath (in and out)
4. When mind wanders, gently return to breath
5. No judgment, just noticing

Do this:

- Morning (sets tone for day)
- Mid-day (resets)
- Evening (releases day)
- Anytime you're overwhelmed

Other mindfulness practices:

- Mindful eating (taste, texture, smell)
- Mindful walking (notice surroundings)
- Mindful listening (fully present)
- Mindful observation (notice details)

Benefits:

- Reduces rumination
- Increases awareness
- Improves emotional regulation
- Creates mental space
- Brings you to present moment
- Decreases anxiety



Mental Boundary Setting

PROTECT YOUR MENTAL SPACE.

Mental boundaries with relationship stress:

LIMIT:

- How much time you spend thinking about relationship problems
- Rumination and obsessive thinking
- Catastrophizing and worst-case scenarios
- Mental rehearsal of arguments
- Replaying past hurts repeatedly
- Letting relationship consume all mental energy

PRACTICE:

- Scheduled "worry time" (15 minutes to think about problems, then stop)
- Thought-stopping techniques ("I'll think about this later")
- Redirecting to present moment
- Engaging mind in other activities
- Giving yourself mental breaks
- Not processing relationship issues right before bed

Mental boundary scripts:

"I'm going to think about this during my coaching session, not right now."

"I've already thought about this enough today. I'm giving my mind a break."

"I'm choosing to focus on [other thing] right now."

"This is important, but I don't need to solve it in my head right now."



Mental Self-Care Plan

DAILY:

- ☐ 5-10 minutes mindfulness or meditation
- ☐ Engage in learning or growth activity
- ☐ Limit rumination (use thought-stopping)
- ☐ Mental breaks from relationship stress

WEEKLY:

- ☐ Read or learn something new
- ☐ Engage in mentally stimulating activity
- ☐ Practice mental boundaries
- ☐ Notice thought patterns

MONTHLY:

- ☐ Evaluate mental well-being
- ☐ Adjust boundaries as needed
- ☐ Continue learning/growth
- ☐ Therapy or coaching for mental support

IMMEDIATELY:

- ☐ One mental self-care action I'll take today:



PILLAR 4: SOCIAL SELF-CARE

Why Social Self-Care Matters

HUMANS ARE SOCIAL BEINGS. YOU NEED CONNECTION.

When social self-care is neglected:

- You isolate
- You lose perspective
- You feel alone in your struggles
- You have no support system
- Relationship stress intensifies
- You lose your identity outside the relationship

When you practice social self-care:

- You have support and perspective
- You maintain friendships
- You remember you're not alone
- You have outlets beyond the relationship
- You maintain your whole self
- You bring more to the relationship

Understanding Social Self-Care

Social self-care is NOT:

- Gossiping about your relationship
- Complaining constantly to friends
- Using friends to avoid dealing with relationship
- Oversharing or trauma-dumping
- Comparing your relationship to others'

Social self-care IS:

- Maintaining friendships
- Having support system
- Engaging in community
- Asking for help when needed
- Balancing relationship and friendships
- Having life outside your relationship



Common Social Self-Care Challenges

DURING RELATIONSHIP STRESS, PEOPLE OFTEN

Withdraw and isolate:

- "I don't want to burden anyone"
- "I'm too exhausted to socialize"
- "I don't want to talk about my relationship"
- "I'm embarrassed about what's happening"

Result: Isolation makes everything worse.

Overshare with everyone:

- Telling everyone about relationship problems
- Seeking validation through oversharing
- Making relationship drama public

Result: Damages relationship privacy and trust.

Lose themselves in the relationship:

- Dropping all friendships
- Making relationship the only priority
- No life outside the partnership

Result: Resentment, loss of identity, unhealthy dependence.

Maintaining Friendships During Relationship Stress

YOU NEED YOUR FRIENDS.

How to maintain friendships:

PRIORITIZE FRIEND TIME:

- Schedule regular friend dates
- Don't cancel on friends for relationship drama
- Make friendships a priority, not an afterthought
- Show up for friends (it's not all about you)

BE HONEST BUT BOUNDARIED:

- "I'm going through something hard, but I don't want to talk about it tonight"
- "I need support, but I also need distraction"
- "Can I share what's happening? I need a listening ear"
- "I'm struggling, and I appreciate you being here"



DON'T MAKE IT ALL ABOUT YOUR RELATIONSHIP:

- Ask about their lives
- Engage in activities together
- Talk about other things
- Be present with them
- Give as well as receive

APPRECIATE THEIR SUPPORT:

- Thank them for being there
- Acknowledge their time and care
- Don't take them for granted
- Show up for them too

What to Share (and Not Share) with Friends

HEALTHY SHARING:

- ✓ "I'm going through a hard time in my relationship"
- ✓ "I'm feeling [emotion] and I need support"
- ✓ "I'm working on [issue] in coaching"
- ✓ "I could use some encouragement"
- ✓ General feelings and experiences
- ✓ What you're learning about yourself
- ✓ How you're growing

UNHEALTHY SHARING:

- ✗ Intimate details of your sex life
- ✗ Every fight and argument
- ✗ Private information your partner shared
- ✗ Things that damage your partner's reputation
- ✗ Constant complaining without action
- ✗ Using friends to gang up on partner
- ✗ Sharing just to get validation for leaving

ASK YOURSELF:

- Would I be okay with my partner knowing I shared this?
- Am I respecting my partner's privacy?
- Am I seeking support or seeking validation for a decision I've already made?
- Am I being fair to my partner?
- Would I want my partner sharing this about me?



Choosing Safe People

NOT EVERYONE IS SAFE TO SHARE WITH.

Safe people:

- ✓ Listen without judgment
- ✓ Support you without taking sides
- ✓ Keep confidences
- ✓ Encourage growth and health
- ✓ Tell you truth with love
- ✓ Respect your relationship
- ✓ Don't gossip
- ✓ Want what's best for you

Unsafe people:

- ✗ Judge you or your partner
- ✗ Tell you what to do
- ✗ Gossip or share your business
- ✗ Take sides or create drama
- ✗ Project their issues onto your situation
- ✗ Encourage unhealthy choices
- ✗ Don't respect boundaries
- ✗ Make it about them

Your safe people:

Person 1: _____

Why they're safe: _____

Person 2: _____

Why they're safe: _____

Person 3: _____

Why they're safe: _____



Support Circle Structure

CREATE LAYERS OF SUPPORT

INNER CIRCLE (1-3 people):

- Know most details
- Provide deep support
- You can be most vulnerable
- Safe, trustworthy, wise

MIDDLE CIRCLE (3-5 people):

- Know general situation
- Provide encouragement and care
- You can share some details
- Supportive friends

OUTER CIRCLE (broader community):

- Know you're going through something
- Provide casual support and distraction
- You don't share details
- General friendships and community

Not everyone needs to know everything. That's healthy.

Asking for What You Need

PEOPLE CAN'T READ YOUR MIND.

Types of support you might need:

LISTENING:

"I need to talk through something. Can you just listen without giving advice?"

DISTRACTION:

"I need to get my mind off things. Want to [activity]?"

VALIDATION:

"I need to know I'm not crazy. Can I share what's happening?"

PRACTICAL HELP:

"I'm overwhelmed. Could you help me with [specific task]?"

ACCOUNTABILITY:

"I'm working on [goal]. Can you check in with me about it?"

ENCOURAGEMENT:

"I'm having a hard day. Can you remind me I'll get through this?"

Be specific about what you need. Don't expect people to guess.



Social Activities for Restoration

ACTIVITIES THAT RESTORE YOU

WITH FRIENDS:

- Coffee or meal dates
- Walking or hiking
- Exercise classes
- Hobby groups
- Game nights
- Movie or show watching
- Creative activities (art, crafts, music)
- Volunteering together

IN COMMUNITY:

- Religious or spiritual community
- Support groups
- Classes or workshops
- Clubs or organizations
- Volunteer work
- Community events

BENEFITS:

- Connection and belonging
- Perspective outside your relationship
- Joy and laughter
- Sense of purpose
- Reminder of your whole self
- Support system
- Healthy distraction

How often: Minimum once per week, ideally 2-3 times



Social Self-Care Plan

DAILY:

- ☐ Text or call a friend
- ☐ Engage with community (even briefly)
- ☐ Don't isolate

WEEKLY:

- ☐ At least one friend date or social activity
- ☐ Engage in community or group
- ☐ Balance relationship time and social time

MONTHLY:

- ☐ Evaluate friendships and social life
- ☐ Reach out to friends you haven't seen
- ☐ Plan social activities
- ☐ Assess isolation vs. connection

IMMEDIATELY:

- ☐ One social self-care action I'll take today:



PILLAR 5: SPIRITUAL SELF-CARE

Why Spiritual Self-Care Matters

SPIRITUAL SELF-CARE CONNECTS YOU TO SOMETHING LARGER.

Spiritual self-care is NOT necessarily religious (though it can be).

Spiritual self-care is:

- Connection to something beyond yourself
- Sense of meaning and purpose
- Connection to your values
- Sense of transcendence
- Inner peace and groundedness
- Connection to nature, humanity, universe, or higher power

When spiritual self-care is neglected:

- Life feels meaningless
- You feel lost or adrift
- You have no anchor in storms
- You lose perspective
- You feel alone in the universe

When you practice spiritual self-care:

- You have sense of purpose
- You feel connected to something larger
- You have perspective on your problems
- You feel grounded and centered
- You have hope

Understanding Spiritual Self-Care

SPIRITUAL SELF-CARE CAN INCLUDE:

Religious practices:

- Prayer
- Worship services
- Scripture or sacred text reading
- Religious community
- Sacraments or rituals



Non-religious practices:

- Meditation
- Nature connection
- Mindfulness
- Gratitude
- Service to others
- Creative expression
- Philosophical reflection
- Connection to humanity

Both are valid. Choose what resonates with you.

Spiritual Practices

CONNECTING TO NATURE

Nature as spiritual practice:

- ☐ Walking in nature
- ☐ Sitting by water
- ☐ Watching sunrise or sunset
- ☐ Gardening
- ☐ Hiking
- ☐ Stargazing
- ☐ Noticing seasons and cycles
- ☐ Feeling connected to earth

Benefits:

- Perspective (you're part of something vast)
- Peace and calm
- Grounding
- Sense of connection
- Beauty and wonder

My nature practice:



MEDITATION AND PRAYER:

Meditation:

- Sitting in silence
- Focusing on breath
- Observing thoughts without attachment
- Body scan
- Loving-kindness meditation
- Guided meditation (apps: Calm, Headspace, Insight Timer)

Prayer:

- Talking to higher power
- Listening for guidance
- Expressing gratitude
- Asking for help
- Surrendering control
- Finding peace in faith

Both create:

- Inner stillness
- Connection to something beyond yourself
- Peace and calm
- Perspective
- Hope

My meditation/prayer practice:

DAILY SPIRITUAL PRACTICE:

Morning practice (5-10 minutes):

- ☐ Meditation or prayer
- ☐ Reading something inspirational
- ☐ Setting intention for the day
- ☐ Gratitude practice
- ☐ Connection to values

Evening practice (5-10 minutes):

- ☐ Reflection on the day
- ☐ Gratitude for the day
- ☐ Releasing the day
- ☐ Prayer or meditation
- ☐ Connection to peace



Meaning and Purpose

CONNECTING TO YOUR "WHY":

Viktor Frankl's three questions:

1. What do I have to offer the world?

2. Who do I love and who loves me?

3. How can I face my suffering with courage?

Your answers connect you to meaning and purpose.

YOUR VALUES:

What matters most to you?

1.

2.

3.

4.

5.

Are you living in alignment with these values?

How can you connect to your values daily?



Purpose-driven actions:

- Living according to values
- Serving others
- Creating something meaningful
- Contributing to something larger
- Making a difference
- Growing and evolving

Gratitude Practice

GRATITUDE IS SPIRITUAL PRACTICE.

Daily gratitude:

Each day, write 3 things you're grateful for:

1. _____
2. _____
3. _____

Weekly gratitude:

Reflect on the week. What are you grateful for?

Monthly gratitude:

Look at the month. What gifts did it bring?

Gratitude during hardship:

Even in difficulty, what can you be grateful for?

- Lessons learned
- Strength discovered
- Support received
- Growth experienced
- Resilience built

This isn't toxic positivity. It's finding light in darkness.



Rituals and Ceremonies

RITUALS CREATE MEANING.

Personal rituals:

- Morning coffee with intention
- Lighting candle for reflection
- Evening gratitude practice
- Weekly nature walk
- Monthly reflection ritual
- Seasonal celebrations

Rituals for transitions:

- Marking endings and beginnings
- Honoring losses
- Celebrating growth
- Releasing what no longer serves
- Welcoming new chapters

Create your own rituals that feel meaningful.

My spiritual rituals:

Spiritual Self-Care Plan

DAILY:

- 5-10 minutes meditation/prayer
- Gratitude practice
- Connection to values
- Moment of stillness

WEEKLY:

- Nature connection
- Spiritual reading or reflection
- Community (if applicable)
- Longer meditation or prayer

MONTHLY:

- Deeper reflection on meaning and purpose
- Evaluate alignment with values
- Spiritual retreat or extended practice
- Ceremony or ritual

IMMEDIATELY:

- One spiritual self-care action I'll take today:



PILLAR 6: PRACTICAL SELF-CARE

Why Practical Self-Care Matters

CHAOS CREATES STRESS. ORDER CREATES CALM.

When practical self-care is neglected:

- Your environment is chaotic
- You're disorganized and overwhelmed
- Finances are stressful
- You can't find time for anything
- Everything feels out of control

When you practice practical self-care:

- Your environment supports you
- You have systems that work
- Finances are managed
- You have time for what matters
- You feel more in control

Environment and Organization

YOUR ENVIRONMENT AFFECTS YOUR WELL-BEING.

Cluttered space = Cluttered mind

Decluttering and organizing:

- Clear surfaces (kitchen, bedroom, bathroom)
- Organize one space at a time
- Get rid of what you don't need or use
- Create systems for staying organized
- Make your space calming and comfortable

Benefits:

- Reduced stress and anxiety
- Easier to relax
- More mental clarity
- Sense of control
- Pride in your space



One space I'll organize this week:

CREATING CALM SPACES:

Your bedroom:

- ☐ Clean and clutter-free
- ☐ Comfortable bedding
- ☐ Calming colors
- ☐ Minimal distractions
- ☐ Space for rest

Your main living space:

- ☐ Organized and functional
- ☐ Comfortable and inviting
- ☐ Reflects your personality
- ☐ Space for relaxation
- ☐ Not overwhelming with clutter

Your workspace (if working from home):

- ☐ Separate from relaxation spaces if possible
- ☐ Organized and functional
- ☐ Minimal distractions
- ☐ Comfortable and ergonomic

Quick daily maintenance:

- ☐ 10-minute tidy each evening
- ☐ Put things away after using
- ☐ Do dishes before bed
- ☐ Make bed each morning
- ☐ One load of laundry

Benefits of daily maintenance:

- Prevents overwhelm
- Keeps space manageable
- Creates sense of accomplishment
- Reduces stress



Time Management

TIME IS YOUR MOST VALUABLE RESOURCE.

Current time management:

- Constantly overwhelmed and behind
- No time for self-care
- Saying yes to everything
- No boundaries around time
- Reactive, not proactive

Better time management:

CALENDAR YOUR SELF-CARE:

- Schedule self-care like appointments
- Protect this time
- Don't cancel on yourself
- Treat it as non-negotiable

BATCH TASKS:

- Group similar tasks together
- Do all errands at once
- Meal prep for the week
- Handle all emails at set times
- More efficient, less scattered

DELEGATE AND ASK FOR HELP:

- You don't have to do everything
- Ask partner to share responsibilities
- Hire help if possible (cleaning, etc.)
- Let go of perfectionism
- It's okay to need help

SET BOUNDARIES:

- Say no to non-essential commitments
- Protect your time
- Don't overcommit
- Leave buffer time between activities
- Schedule downtime



TIME AUDIT:

Where is your time going?

Work: _____ hours per week

Sleep: _____ hours per week

Relationship: _____ hours per week

Self-care: _____ hours per week

Social: _____ hours per week

Household: _____ hours per week

Screen time (non-work): _____ hours per week

Other: _____ hours per week

Total: _____ hours (168 hours in a week)

What needs to change?

Where can I create more time for self-care?

Financial Self-Care

FINANCIAL STRESS AFFECTS EVERYTHING.

Financial stress and relationships:

- Money is a top source of relationship conflict
- Financial anxiety increases overall stress
- Financial instability affects mental health
- Money problems can't be ignored

Financial self-care basics

KNOW YOUR NUMBERS:

- ☐ Monthly income: \$ _____
- ☐ Monthly expenses: \$ _____
- ☐ Debt: \$ _____
- ☐ Savings: \$ _____
- ☐ Emergency fund: \$ _____



CREATE A BUDGET:

- Track spending for one month
- Categorize expenses
- Identify needs vs. wants
- Create realistic budget
- Stick to it (mostly)

BUILD EMERGENCY FUND:

- Start with \$500-1000
- Work toward 3-6 months expenses
- Automatic transfers to savings
- Don't touch except for emergencies

ADDRESS DEBT:

- List all debts
- Create payoff plan
- Consider debt consolidation
- Seek financial counseling if needed
- Stop accumulating new debt

AVOID FINANCIAL DECISIONS IN CRISIS:

- Don't make major purchases when stressed
- Don't quit job impulsively
- Don't make big financial commitments
- Wait until you're thinking clearly

REDUCE FINANCIAL STRESS:

- Automate bills and savings
- Simplify finances
- Have money conversations with partner
- Seek professional help if needed (financial advisor, credit counselor)
- Focus on what you can control

One financial self-care action I'll take:



Task Management

OVERWHELM COMES FROM MENTAL CLUTTER.

BRAIN DUMP

Write down EVERYTHING on your mind:

- Tasks to do
- Things to remember
- Worries
- Ideas
- Commitments

Get it all out of your head and onto paper.

PRIORITIZE

For each item, ask:

- Is this urgent AND important? (Do now)
- Is this important but not urgent? (Schedule)
- Is this urgent but not important? (Delegate)
- Is this neither urgent nor important? (Delete)

Must do today:

1.

2.

3.

Must do this week:

1.

2.

3.

Can wait:

1.

2.

3.



Can delegate:

1. _____
2. _____
3. _____

Can delete:

1. _____
2. _____
3. _____

BREAK DOWN BIG TASKS:

Overwhelming task: _____

Broken into small steps:

1. _____
2. _____
3. _____
4. _____
5. _____

First step I'll take: _____

When: _____

GOOD ENOUGH" PRINCIPLE:

Not everything needs to be perfect.

Where can you accept "good enough"?

- ☐ Housework (clean enough, not perfect)
- ☐ Meals (nutritious, not gourmet)
- ☐ Work tasks (meet standards, not exceed)
- ☐ Personal appearance (presentable, not flawless)

Perfectionism creates overwhelm. Good enough creates peace.



Practical Self-Care Plan

DAILY:

- ☐ 10-minute tidy
- ☐ Check calendar and priorities
- ☐ One small organizing task
- ☐ Stay on top of basics (dishes, laundry)

WEEKLY:

- ☐ Meal planning and prep
- ☐ Review budget/finances
- ☐ Organize one space
- ☐ Plan week ahead
- ☐ Handle administrative tasks

MONTHLY:

- ☐ Deep clean or organize one area
- ☐ Financial review
- ☐ Evaluate systems (what's working/not working)
- ☐ Plan month ahead
- ☐ Handle bigger tasks

IMMEDIATELY:

- ☐ One practical self-care action I'll take today:



BOUNDARY SETTING WITH FAMILY/FRIENDS DURING RELATIONSHIP WORK

Why Boundaries Matter

WHEN YOU'RE WORKING ON YOUR RELATIONSHIP, YOU NEED BOUNDARIES.

Without boundaries:

- Family and friends interfere
- You get unsolicited advice
- Privacy is violated
- Outside opinions create more stress
- You lose focus on your own work

With boundaries:

- You protect your relationship
- You control what you share
- You get support without interference
- You maintain privacy
- You can focus on your growth

Understanding Boundaries

BOUNDARIES ARE:

- Limits you set for your well-being
- How you communicate your needs
- Standards for how you'll be treated
- Protection of your time, energy, and emotional space

BOUNDARIES ARE NOT:

- Controlling others
- Punishment
- Rigid walls
- Selfish

Why boundaries are important:

- Protect your energy and well-being
- Prevent others from interfering in your relationship
- Maintain privacy and trust
- Reduce stress and overwhelm
- Allow you to focus on your own growth



Common Boundary Challenges

OVERLY INVOLVED FAMILY OR FRIENDS

Signs:

- Constant questions about your relationship
- Unsolicited advice
- Taking sides
- Trying to "fix" things
- Inserting themselves into your issues
- Expecting constant updates

Boundary responses:

"I appreciate your concern, but we're handling this ourselves."

"We're working with a coach. We've got the support we need."

"I'm not discussing my relationship right now."

"This is between me and my partner."

"I'll reach out if I need advice."

PRESSURE TO LEAVE OR STAY

Signs:

- "You should just leave"
- "You're being too hard on them"
- "I would never put up with that"
- "You deserve better"
- Pushing their opinion on you

Boundary responses:

"I appreciate your perspective, but this is my decision to make."

"I'm working through this in my own way and time."

"I need support, not advice right now."

"I know you care, but I need you to trust me to make my own choices."

"Please don't tell me what to do. Just be here for me."

GOSSIP AND JUDGMENT

Signs:

- Talking about your relationship to others
- Judging your choices
- Making comments about your partner
- Sharing your private information



Boundary responses:

"What I share with you is confidential. Please don't discuss it with others."

"I need to know I can trust you with private information."

"I'm not comfortable with you talking about my relationship."

"Please respect my privacy."

"If you can't keep this between us, I can't share with you."

COMPARISON AND COMPETITION

Signs:

- "Well, in MY relationship..."
- Comparing your relationship to theirs
- Making you feel bad about your choices
- Competitive about whose relationship is better

Boundary responses:

"Every relationship is different. What works for you might not work for us."

"I'm not comparing. I'm focusing on my own relationship."

"I'm happy for you, and I need to focus on what's right for us."

"This isn't a competition."

Setting Boundaries Effectively

THE BOUNDARY-SETTING FORMULA:

1. Acknowledge their perspective

"I know you care about me..."

2. State your boundary

"...but I need you to respect that this is my decision."

3. Explain the consequence (if needed)

"If you continue to pressure me, I'll need to limit our conversations about this."

4. Offer an alternative (if possible)

"I'd love your support, even if you don't agree with my choices."



SCRIPTS FOR COMMON SITUATIONS

When someone asks intrusive questions:

"That's private, and I'm not comfortable discussing it."
"I appreciate your interest, but I'm keeping that between me and my partner."
"I'd rather not talk about that."

When someone gives unsolicited advice:

"I didn't ask for advice. I just needed to vent."
"I appreciate that you're trying to help, but I've got this."
"I'm working with a coach on this. I don't need advice right now."

When family wants to "help":

"We appreciate your concern, but we need to work through this ourselves."
"The best way you can help is by respecting our privacy."
"We'll reach out if we need help. Right now we just need space."

When someone criticizes your partner:

"I'm not comfortable with you speaking about my partner that way."
"I understand you're frustrated, but that's not helpful."
"Please don't talk about my partner like that."

When someone pressures you for updates:

"I'll share when I'm ready. Please don't pressure me."
"There's nothing new to share right now."
"I need you to trust that I'll reach out when I need to."

Maintaining Boundaries

CONSISTENCY IS KEY

DECIDE IN ADVANCE:

- What you will and won't share
- Who you'll share with
- How much detail you'll give
- What topics are off-limits



WRITE IT DOWN:

My boundaries around my relationship:

REHEARSE:

- Practice boundary statements
- Role-play if helpful
- Prepare for pushback

FOLLOW THROUGH:

- Enforce your boundaries
- Don't cave to pressure
- Be consistent
- Don't apologize for boundaries

REVISIT AS NEEDED:

- Boundaries can change
- Adjust as situation evolves
- Communicate changes

DEALING WITH PUSHBACK

When people don't respect your boundaries

STAY CALM:

Don't get defensive or angry. Stay firm and calm.

REPEAT YOUR BOUNDARY:

"As I said, I'm not discussing this."

DON'T OVER-EXPLAIN:

You don't owe lengthy justifications. Short and clear is better.



ENFORCE CONSEQUENCES:

"I've asked you not to bring this up. If you continue, I'll need to end this conversation."

TAKE SPACE IF NEEDED:

"I need to go. We can talk later when you can respect my boundaries."

Your Boundary Plan

BOUNDARIES I NEED TO SET:

With family:

With friends:

With coworkers or acquaintances:

HOW I'LL COMMUNICATE THEM:



HOW I'LL ENFORCE THEM:

SUPPORT I NEED:



ANXIETY MANAGEMENT

Understanding Anxiety

ANXIETY IS NORMAL DURING RELATIONSHIP STRESS.

Physical symptoms of anxiety:

- Racing heart
- Shallow breathing
- Tight chest
- Stomach issues
- Tension (jaw, shoulders, neck)
- Sweating
- Trembling
- Fatigue
- Insomnia

Mental symptoms of anxiety:

- Racing thoughts
- Catastrophizing
- Rumination
- Difficulty concentrating
- Constant worry
- Intrusive thoughts
- Fear of the worst

Emotional symptoms of anxiety:

- Feeling on edge
- Irritability
- Overwhelm
- Panic
- Dread
- Restlessness

All of these are your nervous system responding to perceived threat.



Anxiety Management Strategies

COGNITIVE STRATEGIES (*Working with your thoughts*):

1. IDENTIFY THE THOUGHT:

What am I thinking that's creating anxiety?

2. REALITY-CHECK IT:

- Is this thought true?
- What evidence do I have?
- What evidence contradicts it?
- Am I catastrophizing?
- Am I fortune-telling?
- What's more likely to be true?

3. REFRAME IT:

Anxious thought: _____

More balanced thought: _____

Example:

Anxious: "My relationship is going to end."

Balanced: "My relationship is struggling, but we're working on it. I don't know the future."

4. THE 5-YEAR TEST:

Will this matter in 5 years?

Often, the answer provides perspective.

5. WORST-CASE SCENARIO:

What's the absolute worst that could happen?

Could I survive it?



What would I do if it happened?

Usually, you realize:

- The worst case is unlikely
- Even if it happened, you'd survive
- You have more resources than you think

SOMATIC STRATEGIES (Working with your body):

1. BREATHING EXERCISES:

4-7-8 Breathing:

- Breathe in for 4 counts
- Hold for 7 counts
- Breathe out for 8 counts
- Repeat 4 times

Box Breathing:

- In for 4, hold for 4, out for 4, hold for 4
- Repeat for 5 minutes

Belly Breathing:

- Hand on belly
- Breathe deep into belly (not chest)
- Belly rises on inhale, falls on exhale
- Slow and deep

2. PROGRESSIVE MUSCLE RELAXATION:

Tense and release each muscle group:

- Feet and calves (tense 5 seconds, release)
- Thighs (tense, release)
- Glutes and hips (tense, release)
- Stomach (tense, release)
- Chest and back (tense, release)
- Hands and arms (tense, release)
- Shoulders and neck (tense, release)
- Face (tense, release)

Notice the difference between tension and relaxation.



3. GROUNDING TECHNIQUES:

5-4-3-2-1:

- 5 things you see
- 4 things you touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Physical grounding:

- Feel your feet on the floor
- Press hands together
- Hold ice cubes
- Splash cold water on face
- Touch different textures
- Notice your body in space

4. MOVEMENT:

- Walk (even 5 minutes)
- Stretch
- Yoga
- Dance
- Shake your body
- Jump or run in place

Movement releases anxiety from your body.

5. SENSORY SOOTHING:

- Listen to calming music
- Use essential oils (lavender, chamomile)
- Take warm bath or shower
- Wrap in soft blanket
- Drink warm tea
- Pet an animal



ACCEPTANCE AND COMMITMENT THERAPY (ACT) APPROACHES:

1. ACCEPT THE ANXIETY:

"I'm feeling anxious right now. That's okay. Anxiety is uncomfortable but not dangerous."

Don't fight it. Allow it to be there.

2. DEFUSE FROM THOUGHTS:

Instead of: "My relationship is ending" (believing it as fact)

Try: "I'm having the thought that my relationship is ending" (it's just a thought)

Thoughts are not facts. They're just thoughts.

3. BE PRESENT:

Come back to this moment. Right now, in this moment, are you okay?

Usually, yes. Anxiety is about the future, not the present.

4. CONNECT TO VALUES:

What matters to you? How can you act according to your values right now, even with anxiety present?

Example:

Value: Growth

Action: Continue working on relationship even though it's scary

You can feel anxious AND still take meaningful action.

5. COMMITTED ACTION:

What's one small step you can take right now toward what matters?

Do that, even with anxiety present.

Building Resilience to Anxiety

LONG-TERM ANXIETY MANAGEMENT:

DAILY PRACTICES:

- Morning meditation or breathing (5-10 min)
- Movement or exercise



- Limit caffeine
- Adequate sleep
- Regular meals
- Limit alcohol
- Connect with support
- Journaling

WEEKLY PRACTICES:

- Therapy or coaching session
- Social connection
- Nature time
- Relaxation practice (bath, massage, etc.)
- Review and adjust anxiety management plan

MONTHLY PRACTICES:

- Evaluate overall anxiety levels
- Identify triggers and patterns
- Adjust strategies as needed
- Celebrate progress

WHEN TO SEEK PROFESSIONAL HELP FOR ANXIETY:

- Anxiety interferes with daily functioning
- Panic attacks
- Constant worry you can't control
- Physical symptoms (chest pain, etc.) - see doctor first
- Avoiding important activities due to anxiety
- Using substances to cope
- Anxiety has lasted months without improvement
- You're feeling hopeless or depressed

Professional help options:

- Therapist (CBT, ACT, or other evidence-based therapy)
- Psychiatrist (medication evaluation if needed)
- Support groups
- Intensive outpatient programs (for severe anxiety)



Your Anxiety Management Plan

MY ANXIETY TRIGGERS:

1. _____
2. _____
3. _____

MY EARLY WARNING SIGNS:

Physical: _____

Mental: _____

Emotional: _____

WHEN I NOTICE ANXIETY, I WILL:

First: _____

(Breathing, grounding, movement)

Then: _____

(Cognitive strategies, self-soothing)

If still anxious: _____

(Call support person, use emergency plan)

MY GO-TO ANXIETY TOOLS:

1. _____
2. _____
3. _____

SUPPORT PEOPLE I CAN CALL:

1. _____
2. _____

PROFESSIONAL SUPPORT:

Therapist: _____

Coach: Dante Yigael - 832-800-0417

Crisis line: 988



SELF-CARE PLANNING

Creating Your Self-Care System

SELF-CARE IS NOT ONE-SIZE-FITS-ALL.

Your self-care plan should:

- Fit your life and schedule
- Address your specific needs
- Be realistic and sustainable
- Include all six pillars
- Have daily, weekly, and monthly components
- Include emergency self-care

Daily Self-Care Plan

MORNING ROUTINE (15-30 minutes):

Physical:

- ☐ Wake at consistent time
- ☐ Drink water
- ☐ Stretch or move
- ☐ Eat breakfast
- ☐ _____

Mental/Spiritual:

- ☐ Meditation or prayer (5-10 min)
- ☐ Set intention for day
- ☐ Gratitude practice
- ☐ _____

Emotional:

- ☐ Check in with feelings
- ☐ Journal (if needed)
- ☐ _____



THROUGHOUT THE DAY:

Physical:

- ☐ 3 regular meals
- ☐ Water throughout day
- ☐ Movement breaks

☐ _____

Mental:

- ☐ Mindfulness moments
- ☐ Limit rumination
- ☐ Engage mind positively

☐ _____

Emotional:

- ☐ Allow feelings
- ☐ Use regulation tools as needed

☐ _____

Social:

- ☐ Connect with someone (text, call, in person)

☐ _____

Practical:

- ☐ Stay on top of basics
- ☐ One small organizing task

☐ _____

EVENING ROUTINE (15-30 minutes):

Practical:

- ☐ 10-minute tidy
- ☐ Prepare for tomorrow

☐ _____

Physical:

- ☐ Wind-down routine
- ☐ No screens 1 hour before bed

☐ _____

Mental/Spiritual:

- ☐ Reflection or journaling
- ☐ Gratitude practice
- ☐ Meditation or prayer

☐ _____

Emotional:

- ☐ Release the day
- ☐ Self-compassion

☐ _____



MY DAILY SELF-CARE NON-NEGOTIABLES:

1. _____
2. _____
3. _____
4. _____
5. _____

Weekly Self-Care Plan

PHYSICAL:

- ☐ 3-5 exercise sessions
- ☐ Meal planning/prep
- ☐ One restorative activity (bath, massage, etc.)
- ☐ Adequate sleep all week
- ☐ _____

EMOTIONAL:

- ☐ Process week's emotions (journal or talk)
- ☐ Therapy or coaching session
- ☐ Allow time to feel
- ☐ _____

MENTAL:

- ☐ Learning or growth activity
- ☐ Mindfulness practice
- ☐ Mental boundaries maintained
- ☐ _____

SOCIAL:

- ☐ At least one friend date or social activity
- ☐ Community engagement
- ☐ Balance relationship and social time
- ☐ _____

SPIRITUAL:

- ☐ Nature time
- ☐ Spiritual practice or community
- ☐ Connection to meaning and purpose
- ☐ _____

PRACTICAL:

- ☐ Organize one space
- ☐ Financial check-in



- ☐ Plan week ahead
- ☐ Handle administrative tasks
- ☐ _____

MY WEEKLY SELF-CARE COMMITMENTS:

1. _____
2. _____
3. _____
4. _____
5. _____

Monthly Self-Care Plan

PHYSICAL:

- ☐ Health check-in (address any concerns)
- ☐ Evaluate sleep, nutrition, movement
- ☐ Schedule medical appointments if needed
- ☐ _____

EMOTIONAL:

- ☐ Emotional inventory (what's been present?)
- ☐ Patterns noticed
- ☐ Therapy or coaching check-in
- ☐ _____

MENTAL:

- ☐ Evaluate mental well-being
- ☐ Learning goals progress
- ☐ Adjust boundaries as needed
- ☐ _____

SOCIAL:

- ☐ Evaluate friendships and social life
- ☐ Reach out to friends you haven't seen
- ☐ Plan social activities
- ☐ _____

SPIRITUAL:

- ☐ Deeper reflection on meaning and purpose
- ☐ Evaluate alignment with values
- ☐ Spiritual retreat or extended practice
- ☐ _____



PRACTICAL:

- ☐ Deep clean or organize one area
- ☐ Financial review
- ☐ Evaluate systems (what's working/not working)
- ☐ Plan month ahead
- ☐ _____

OVERALL:

- ☐ Review all six pillars (rate 1-10)
- ☐ What's working well?
- ☐ What needs more attention?
- ☐ Adjust self-care plan as needed
- ☐ Celebrate progress

MY MONTHLY SELF-CARE REVIEW:

Date: _____

Six Pillar Ratings:

Physical: _____

Emotional: _____

Mental: _____

Social: _____

Spiritual: _____

Practical: _____

What's working:

What needs attention:

Adjustments:

Next month's focus:



Emergency Self-Care Plan

WHEN YOU'RE IN CRISIS OR OVERWHELMED

IMMEDIATE (Right now):

- ☐ Safety check (am I safe?)
- ☐ Ground yourself (5-4-3-2-1 or breathing)
- ☐ Call support person
- ☐ Use crisis toolkit (Resource 1.1)

NEXT 24 HOURS:

- ☐ Basic needs only (eat, sleep, water, safety)
- ☐ Minimal decisions
- ☐ Stay connected to support
- ☐ Use emotional regulation tools
- ☐ Be gentle with yourself

NEXT WEEK:

- ☐ Increase self-care in all pillars
- ☐ Daily check-ins with support
- ☐ Professional help if needed
- ☐ Reduce non-essential commitments
- ☐ Focus on basics and recovery

MY EMERGENCY SELF-CARE KIT:

People to call:

1. _____
2. _____
3. _____

Grounding tools:

Comfort items:

Self-soothing activities:



Professional support:

Coach: Dante - 832-800-0417

Therapist: _____

Crisis line: 988



PUTTING IT ALL TOGETHER

Your Comprehensive Self-Care Commitment

I COMMIT TO TAKING CARE OF MYSELF BECAUSE

MY SELF-CARE PRIORITIES:

1. _____
2. _____
3. _____

DAILY NON-NEGOTIABLES:

1. _____
2. _____
3. _____

WEEKLY COMMITMENTS:

1. _____
2. _____
3. _____

MONTHLY PRACTICES:

1. _____
2. _____

OBSTACLES I MIGHT FACE:

1. _____
2. _____
3. _____

HOW I'LL OVERCOME THEM:

1. _____
2. _____
3. _____

SUPPORT I NEED:

HOW I'LL TRACK MY SELF-CARE:

HOW I'LL HOLD MYSELF ACCOUNTABLE:



Self-Care Tracking

WEEKLY SELF-CARE TRACKER:

Week of: _____

Physical Self-Care:

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Notes: _____

Emotional Self-Care:

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Notes: _____

Mental Self-Care:

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Notes: _____

Social Self-Care:

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Notes: _____

Spiritual Self-Care:

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Notes: _____

Practical Self-Care:

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Notes: _____

Overall self-care this week (1-10): _____

What went well:

What was challenging:

Adjustments for next week:



FINAL REMINDERS

Self-Care Is Not Selfish

REMEMBER:

- You cannot pour from an empty cup
- Taking care of yourself makes you a better partner
- Self-care is essential, not optional
- You deserve to be well
- Your well-being matters
- Self-care is an act of love for yourself and your relationship

You're Worth It

YOU ARE WORTHY OF:

- Rest
- Nourishment
- Joy
- Connection
- Peace
- Care
- Support
- Love

Not because you've earned it. Because you exist.

Start Small

YOU DON'T HAVE TO DO EVERYTHING AT ONCE.

Start with:

- One pillar that needs most attention
- One daily practice
- One weekly commitment

Build from there.

Progress, not perfection.



When Self-Care Feels Impossible

"I DON'T HAVE TIME"

→ You don't have time NOT to. Self-care prevents breakdown.

"I FEEL GUILTY"

→ Self-care makes you more available to others, not less.

"IT'S NOT WORKING"

→ Give it time. Consistency matters more than intensity.

"I KEEP FORGETTING"

→ Set reminders. Schedule it. Make it visible.

"MY PARTNER DOESN'T SUPPORT IT"

→ You don't need permission. Do it anyway.

"IT FEELS SELFISH"

→ It's self-preservation, not selfishness.

You've Got This

SELF-CARE IS:

- A practice, not a destination
- Imperfect and ongoing
- Necessary, not optional
- For you, by you
- Worth the effort

YOU'VE GOT THIS. ONE DAY AT A TIME. ONE CHOICE AT A TIME.



NEXT STEPS

AFTER COMPLETING THIS RESOURCE:

- Complete six-pillar assessment
- Identify priority pillar
- Create daily self-care plan
- Implement one practice this week
- Track your self-care
- Adjust as needed
- Bring questions to coaching session

ADDITIONAL RESOURCES:

- Resource 1.1: "When Things Get Hard" Emergency Toolkit
- Resource 1.3: Professional Support Resources
- Weekly Relationship Check-In (Resource 3.1)
- Your coach: Dante Yigael - 832-800-0417

ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

- Dating Coaching
- Couples Coaching
- Intimacy Coaching
- Relationship Crisis Support

Approach:

- Evidence-based (Gottman Method, EFT, Attachment Theory)
- Holistic (integrating all aspects of well-being)
- Culturally sensitive
- Non-judgmental
- Client-centered

Contact:

Email: dante@hvlccc.com

Phone: 832-800-0417

Website: www.hvlconnect.com

**You deserve to be well. You deserve support. You deserve care.
Take care of yourself. Your relationship will thank you.**