

# SELF CARE FOR ATHLETES

Use the following sheet to help you understand the types of self care you currently use, identify ones that you would like to incorporate in your daily and/or weekly training routine, and how you plan to make this happen.





## Physical Self Care

Eat Regularly & Healthy

Exercise

Get medical care or take time off when needed

Get enough sleep

Wear clothes you like



## Psychological Self Care

Make time for self-reflection

Journal

Read something you enjoy

Deep breathing

Be curious - learn something new



## Spiritual Self Care

Spend time in nature

Find inspiration

Find connection with community

Identify what is meaningful to you and make time & space for it



## Emotional Self Care

Spend time with friends and family

Love and praise yourself

Find things to make you laugh

Express yourself

Use affirmations

	What I Currently Do	What I am going to try
Physical Self Care		
Psychological Self Care		
Spiritual Self Care		
Emotional Self Care		

<p>What will be my routine? (Describe here a bit more how you will work in the new practices you identified for your self care routine)</p>	
<p>How will I know when to use my self care tools? (Describe here some signs that you may need some self care)</p>	
<p>What may get in the way? (Describe any barriers to your self care routine and how you may overcome them)</p>	
<p>Who can help me? (Identify the people who can help you with your self care routine and make sure you get what you need)</p>	