

# Creating a Post-Breakup Self-Care Routine

## Objective

To develop a self-care plan by identifying what you value and require as part of your day-to-day life.

## What to Know

In the wake of emotional upheaval, creating a post-breakup self-care routine becomes an essential addition for healing, growth, and renewal. As you care for yourself you can rediscover your sense of self, rebuild your emotional well-being, and embrace a future full of promise. By channeling your energy into nurturing self-love, practicing resilience, and embracing positive change, you can emerge from the breakup stronger and more empowered than ever before.

Perhaps you forgot the importance of taking care of yourself. Self-care refers to the kinds of things you might do regularly to reduce stress and maintain and enhance your wellbeing – particularly important after a breakup.

Self-care is personal, and people will have different approaches to taking care of themselves. You might value some areas over others. Below are the different life areas where you might want to implement self-care activities:

- Workplace/Professional
- Physical
- Mental
- Emotional
- Spiritual
- Interpersonal/Relational

This worksheet will help you identify the areas of your life where you can implement self-care activities.

## What to Do

For each category above, select at least one strategy or activity that you can include in your self-care plan. There might be areas of overlap between these categories. List the activities that you have identified as important to your well-being and that you can engage in daily or weekly to take care of yourself.

Workplace/Professional: \_\_\_\_\_

Physical: \_\_\_\_\_

Mental: \_\_\_\_\_

Emotional: \_\_\_\_\_

Spiritual: \_\_\_\_\_

Interpersonal/Relational: \_\_\_\_\_

Identify people in your life that might be good resources for exchanging new self-care ideas and strategies, as well as provide you with support and encouragement.

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List other forms of support such as support groups, religious organizations, clubs, community groups, and so on.

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List people you can talk to on a regular basis about your concerns.

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List ways you can get regular exercise (at least 30 minutes each day).

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List hobbies or other activities you enjoy on a regular basis.

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Write down ways you can improve your sleep habits.

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List ways you can improve your diet.





Date	Self-Care Activity	Obstacles?	How Did It Go?

### Reflections on This Exercise

How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What could you do differently to make progress in this area?

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