

## Self-Care Activity Matrix



**Instructions:** Fill out each box with at least one idea that fits the proper category. The more ideas you can include, the better you will be prepared when the time comes to address your self-care needs when you ask yourself, "What do I need right now?"

Activity Category	Solitary	With Another Person	No Cost	Low Cost	Medium to High Cost	30 seconds to 3 minutes	30 minutes to 3 hours	3 hours+	Other
Physical									
Spiritual									
Cultural									
Psychological									
Intellectual									
Social									
Mindful									
Other									

**"What do I need right now?"**

