

Jumpstart Your Semester Self-Care

*With Lynn Curry*

WORKSHEETS



Eat Sleep Move • McNair-Style

# Jumpstart Your Semester Self-Care

Day #1

What is self-care and why is it important?

## Worksheet One

What does self-care mean to you?

What have you done for yourself lately that you view as self-care?

How did you **feel** when you engaged in the activity?

Starting with the basics, rate yourself on the following categories:

1-----eat-----10  
1-----sleep-----10  
1-----move-----10

Decide which area you would like to focus on this semester when building your foundation of self-care:

*Start thinking about whether you are committed to making self-care a priority for you this semester.*

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## Day #2

Recognizing and working around common barriers.

## Worksheet Two

Write down all of the “major items” you have going on for you this semester. Separate out each class or major project. Include things like jobs and organizations. Be realistic and try to “guesstimate” how much time each item will take on a weekly basis.

_____	time	_____	time	_____
_____	time	_____	time	_____
_____	time	_____	time	_____
_____	time	_____	time	_____
_____	time	_____	time	_____
_____	time	_____	time	_____
_____	time	_____	time	_____

Create an “IDEAL weekly flow” that encompasses all of these items. Create a basic weekly calendar using Excel or Goggle calendar. See my example for reference. The idea here is to think about the “most perfect” weekly schedule so you can shoot for it!

**IMPORTANT >>** Look for “pockets of time” you can use to start building a foundation of self-care this semester. **Circle these pockets of time in RED!**

Answer this question as honestly as possible: do you think “feeling guilty” plays into your ability to prioritize your health? yes no

*If yes, why do you think that is?*

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# Jumpstart Your Semester Self-Care

## Day #2

Recognizing and working around common barriers.

# Worksheet Two

## Lynn's sample weekly flow

### LYNN'S SAMPLE WEEKLY FLOW

PRIORITY ACTION ITEMS						
daily writing time	get recruit list set					
meditation	email prospects					
be present w/kids	confirm scholar travel plans					
call Mum!	meet with Kim					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 Wake	6 Wake	6 Wake	6 Wake	6 Wake	6	6
7 Prep/kids	7 Prep/kids	7 Prep/kids	7 Prep/kids	7 Prep/kids	7	7
8 Meditation	8 Meditation	8 Meditation	8 Meditation	8 Meditation	8 SLEEP IN	8 SLEEP IN
9 WORK	9 WORK	9 WORK	9 WORK	9 WORK	9 OR	9 OR
10 FOCUS	10 FOCUS	10 FOCUS	10 FOCUS	10 FOCUS	10 KIDS'	10 KIDS'
11 TIME	11 TIME	11 TIME	11 TIME	11 TIME	11 SPORTS/ACTIVITIES	11 SPORTS/ACTIVITIES
12 BLOCK	12 BLOCK	12 BLOCK	12 BLOCK	12 BLOCK	12	12
1 WORKOUT	1 WORKOUT	1 WORKOUT	1 WORKOUT	1 WORKOUT	1	1
2 WORK	2 WORK	2 WORK	2 WORK	2 WORK	2 RELAX	2 CLEAN HOUSE
3 MEETING	3 MEETING	3 MEETING	3 MEETING	3 MEETING	3 OPEN/FAMILY	3 and
4 TIME	4 TIME	4 TIME	4 TIME	4 TIME	4 TIME	4 MEAL PREP
5 BLOCK	5 BLOCK	5 BLOCK	5 BLOCK	5 BLOCK	5	5
6 KIDS/ACTIVITES	6 KIDS/ACTIVITES	6 KIDS/ACTIVITES	6 KIDS/ACTIVITES	6 KIDS/ACTIVITES	6	6 WEEKLY PREP
7 DINNER	7 DINNER	7 DINNER	7 DINNER	7 DINNER	7	7
8 FAMILY TIME	8 FAMILY TIME	8 FAMILY TIME	8 FAMILY TIME	8 FAMILY TIME	8 Hang out	8
9 Relax	9 Relax	9 Relax	9 Relax	9 Relax	9 w/Kenny	9
10 SLEEP	10 SLEEP	10 SLEEP	10 SLEEP	10 SLEEP	10 <3	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12

I will email you a BLANK COPY of this sample "weekly schedule" for your own use.

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# Jumpstart Your Semester Self-Care

Day #3

Knowing yourself and what you need.

## Worksheet Three

### “Taking Pause”

Pick a day and do the “take pause” exercise where you sit for a few minutes and simply notice how you’re feeling.

Jot down some notes every time you do the exercise.

Start to make connections between your decisions on how you manage your life and how you feel throughout your day.

After completing the exercise write down three key observations you noticed:

1.

2.

3.

Get ready to use this vital information in making *better* decisions that will lead to you feeling healthier and working smarter.

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Day #4

Developing a self-care mindset.

## Worksheet Four

### “Try it out”

Select a designated amount of time, I recommend at least one week, and experiment with making self-care a PRIORITY.

See what decisions you might make in response to this new perspective.

Start with small actions. Notice how you feel.

Take some time after this experimentation to write down things you may have noticed, about how easy or difficult it was to insert some of these self-care items, how you felt about the process overall, whether you were surprised to notice certain benefits, or maybe you didn't notice any real difference, reflect upon whether you think you can start to prioritize self-care into your daily schedule.

After completing the exercise write down three key observations you noticed:

1.

2.

3.

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Day #5

Commit and make a plan!

## Worksheet Five

### “Schedule yourself.”

1. Pull up your “ideal weekly flow” and relish in the fact that you’ve been able to pinpoint “pockets of time” within which you can insert at least one self-care action you are committing to this semester.
2. Create another version of your “weekly flow” that includes your **self-care action prominently scheduled** among all of the other tasks you have.
3. Feel free to reference my own “weekly flow” sample which includes: daily meditation, a lunchtime workout and dedicated time with the kids and Ken.
4. Print out your “weekly flow” and post it in a prominent place. If you have an electronic calendar you use, but sure to insert your self-care action here as well. I find it useful to have the hard copy version readily visible for a **continuous reminder of my daily intentions**.
5. Make things “real” by declaring your intention and **posting your daily self-care goal** in our Facebook group. Articulating your goal helps keep you accountable!

**FILL IN THE BLANK:** The self-care action I’m committed to doing on a daily basis for this entire semester is:

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Day #6

Dealing with setbacks and creating momentum.

## Worksheet Six

### “One day at a time.”

1. Select a **tracking tool** that will help aid you keeping track of your daily habit. I recommend downloading Habit Streak on your phone and I will also email you a hard copy “tracker” in case that is more your speed. You can also simply use your calendar and mark an “X” on the days you achieve your goal.
2. Find an **“accountability partner”** in our Facebook group that you can check in with on daily or weekly basis regarding your progress. When you articulate your goals and make them known, you are more likely to stick to them, even if you experience temporary setbacks.
3. **Reward yourself** each week with a little something. Each week that you take better care of yourself, you are building a foundation of wellness that will continue to serve you far beyond the semester’s end.

**Celebrate your milestones and know that we will all be celebrating our significant accomplishments come the end of the semester!**

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# Jumpstart Your Semester Self-Care

Day #7

Sharing the secret.

## Worksheet Seven

### “Be a role model for others”

1. Be a role model for others + show what is possible!
2. If we're going to change the face of the academy, then it's up to us to show that putting our needs first doesn't have to mean doing less or doing work that is sub-par. **It means that we value ourselves enough to know ourselves well enough to know what we need to thrive.** So it's really about doing better work overall and in the long-term. AND, feeling good along the way! I encourage you to start having this kind of conversation with others and see what they think. Be a leader and share what you are finding to be true for yourself. Helping others to make shifts in their thinking is how we affect change.
3. As McNair scholars, **you have the power to make these choices** and be role models for others. Go rock it out this semester, share your progress along the way, and like I said, *I'm looking forward to celebrating YOUR SUCCESS!*

*And remember ...*

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# How I want you to feel.

1. IN-TUNE with what your mind + body need to function at their best
2. EMPOWERED to make choices to support your health
3. LESS STRESSED + MORE FOCUSED because of your self-care habits
4. CAPABLE of dealing with any challenges that come up
5. SUPER SUCCESSFUL because you are feeling good + doing awesome work this semester.

***Make it happen!***

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