



Golden presents

# A Self-Care Worksheet

## Building Your Self-Care Toolkit: An Integrative Stress Management Worksheet

Golden's **Four Pillars of Wellness** model offers a simple, holistic framework to manage stress.

The Four Pillars of Wellness are: *Movement*, *Stillness*, *Connection*, and *Nourishment*—they are the primary elements of self-care. They are essential to well-being.

The framework below can help you identify the Pillars that need work, so you can manage stress proactively. Simple strategies can go a long way.

Think about the Pillar that needs the most work, and start there. Make changes slowly so they stick. Once you are able to create consistency with one self-care practice, add more.

<b>Movement</b>	<b>Stillness</b>
<p data-bbox="121 1123 795 1186"><i>Reduce stress, release stored emotions, and enjoy a burst of feel-good neurochemicals.</i></p> <p data-bbox="251 1260 665 1291">Movement strategy examples:</p> <ul data-bbox="154 1333 706 1470" style="list-style-type: none"><li>• Jog/walk 20 minutes daily</li><li>• Dance in the kitchen for 5-10 minutes</li><li>• Complete a guided yoga practice</li><li>• Something that feels right to you!</li></ul> <p data-bbox="105 1512 755 1606">Choose one Movement practice to explore and write it down here, including <u>what</u>, <u>when</u>, <u>where</u> and <u>for how long</u>:</p> <p data-bbox="105 1774 625 1816">Put this commitment in your calendar.</p>	<p data-bbox="885 1123 1453 1186"><i>Recover from daily demands and avoid the cumulative effects of excess stress.</i></p> <p data-bbox="982 1260 1356 1291">Stillness strategy examples:</p> <ul data-bbox="885 1333 1502 1470" style="list-style-type: none"><li>• Explore a guided meditation for 5 minutes</li><li>• Take a hot bath before bed</li><li>• Try "unplugging" for 1 hour before bed</li><li>• Something that feels right to you!</li></ul> <p data-bbox="836 1512 1485 1606">Choose one Stillness practice to explore and write it down here, including <u>what</u>, <u>when</u>, <u>where</u> and <u>for how long</u>:</p> <p data-bbox="836 1774 1356 1816">Put this commitment in your calendar.</p>



## Connection

*Cultivate authentic relationships  
and enjoy physical touch.*

Connection strategy examples:

- Call or video chat with a friend every day
- Carve out time with your partner for uninterrupted time to connect
- Identify opportunities for service in your community...reach out to help others
- Something that feels right to you!

Choose one Connection practice to explore and write it down here, including what, when, where and for how long:

Put this commitment in your calendar.

## Nourishment

*Protect the body and brain with wholesome foods  
and activities that "feed" the spirit.*

Nourishment strategy examples:

- Commit to eating a large, colorful salad daily
- Sip warm, nourishing golden milk tea at night
- Savor a novel or music after work
- Something that feels right to you!

Choose one Nourishment practice to explore and write it down here, including what, when, where and for how long:

Put this commitment in your calendar.

Which Pillar (or specific strategy) is your top priority?

Which Pillar (or specific strategy) comes next?