
**SELF-CARE
CHECK-IN**

An important part of defending your rights is taking care of yourself. We have created these self-care reflections for you to use in your free time. Please use this self-care check-in to track your personal goals and well-being in a separate notebook. You can find a digital copy of this sheet at: www.cadomesticworkers.org. Please use these spaces as little reminders that even though work is important, our well-being comes first!

Gratitude List: What are you grateful for today?

1. _____
2. _____
3. _____

Personal Goals: What do you want to make happen this month?

1. _____
2. _____
3. _____

Financial Goals: How will you take care of your finances this month?

1. _____
2. _____
3. _____

Community Goals: How will you take care of your family and friends this month?

1. _____
 2. _____
 3. _____
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MINDFULNESS EXERCISE

Find a comfortable seated position wherever you are: it can be the bus, while taking your break, or in the comfort of your home. Close your eyes if you can. If you can't close your eyes, that's okay too. Release the tension you may be holding in your shoulders, your jaw, or other places on your body. Now take a deep breath, inhaling and exhaling through your nose. Repeat this ten times, counting the breath in your mind. Notice how the breath feels entering and leaving your body. If any thoughts come up, try to let them go and continue counting your breaths. By the end of the ten deep breaths, you will have completed about one minute of meditation.

If you wish to meditate for a longer period of time, you can use this exercise for as long as you'd like.



POSITIVE AFFIRMATIONS

May I be filled with loving-kindness. May I be well. May I be at peace and ease. May I be happy.

You can also use these affirmations to wish positive things for others by substituting "I" for "you" or a specific name for example. "May my mother be filled with loving-kindness."
