

Navigating ERIC Worksheets

All ERIC worksheets follow the same format. You will quickly become familiar with the key components.

Front

Worksheet name: Five self-care habits

Key message: Good self-care habits help us manage strong feelings.

Background text:
 Managing our feelings can be pretty intense during our teenage years and early twenties. Feelings or emotions change rapidly from day to day.
 Most of us are trying to work out how to understand the weird way our minds work. It can be easy to assume that feeling OK means avoiding the uncomfortable feelings and chasing the good feelings! But feeling OK is more about whether your life is meaningful and satisfying, rather than fun and pain free.
 Getting into the habit of doing 5 things every day to feel OK is a good way to look after yourself and develop helpful habits to manage feelings.

ERIC domain: REDUCING VULNERABILITY

FIVE HELPFUL SELF-CARE HABITS
 Lots of different scientists who study happiness have come up with 5 helpful self-care habits that you can do each day to feel OK.

1. Connect with others.
2. Exercise regularly and sleep well.
3. Be mindful.
4. Eat well.
5. Be kind to yourself and others.

ERIC tip box: Cutting down on cigarettes is another important self care habit.

Back



REDUCING VULNERABILITY

ERIC domain

WORK ON NEW HABITS

In each box, write down the things you already do regularly to feel OK. Which self-care areas are you already working on? Now look at the area where you could make some changes. Over the next week, what are some ways you can work on looking after yourself? Start small. How can you make new habits?

1		Connect with others.
2		Exercise regularly and sleep well.
3		Be mindful.
4		Eat well.
5		Be kind to yourself and others.

Exercise



PRACTICE & REFLECT

Practice your self-care tasks daily. Every day this week, try one of the habits you have identified that help you feel OK. Once you have finished the activity, tick it off.

MON	TUE	WED	THUR	FRI	SAT	SUN
<input type="checkbox"/> Connect	<input type="checkbox"/> Connect	<input type="checkbox"/> Connect	<input type="checkbox"/> Connect	<input type="checkbox"/> Connect	<input type="checkbox"/> Connect	<input type="checkbox"/> Connect
<input type="checkbox"/> Exercise & rest	<input type="checkbox"/> Exercise & rest	<input type="checkbox"/> Exercise & rest	<input type="checkbox"/> Exercise & rest	<input type="checkbox"/> Exercise & rest	<input type="checkbox"/> Exercise & rest	<input type="checkbox"/> Exercise & rest
<input type="checkbox"/> Be mindful	<input type="checkbox"/> Be mindful	<input type="checkbox"/> Be mindful	<input type="checkbox"/> Be mindful	<input type="checkbox"/> Be mindful	<input type="checkbox"/> Be mindful	<input type="checkbox"/> Be mindful
<input type="checkbox"/> Eat well	<input type="checkbox"/> Eat well	<input type="checkbox"/> Eat well	<input type="checkbox"/> Eat well	<input type="checkbox"/> Eat well	<input type="checkbox"/> Eat well	<input type="checkbox"/> Eat well
<input type="checkbox"/> Be kind	<input type="checkbox"/> Be kind	<input type="checkbox"/> Be kind	<input type="checkbox"/> Be kind	<input type="checkbox"/> Be kind	<input type="checkbox"/> Be kind	<input type="checkbox"/> Be kind

Did you notice any gaps in your areas of self-care? This is probably the area you need to work on the most.

Practice & Reflect