

Creating Space  
for Self Care  
during Finals  
Week

Finals week increases student stress levels. Caritas Processes® Practice invites you to engage in loving kindness and compassion towards self. This week, set an intention for a self care practice to support your mind, body, spirit, and wellbeing. We invite you to fill out the self care chart and submit the completed chart to the designated dropbox. You will be entered in a drawing for wonderful prizes! Submit by Saturday, April 29.

# Self Care

WEEK: \_\_\_\_\_

| DAYS      | SELF CARE ACTIVITIES |
|-----------|----------------------|
| Monday    |                      |
| Tuesday   |                      |
| Wednesday |                      |
| Thursday  |                      |
| Friday    |                      |
| Saturday  |                      |
| Sunday    |                      |

| THINGS I'M GRATEFUL FOR |     |
|-------------------------|-----|
| 1.                      | 6.  |
| 2.                      | 7.  |
| 3.                      | 8.  |
| 4.                      | 9.  |
| 5.                      | 10. |

| WEEK REVIEW |  |  |
|-------------|--|--|
|             |  |  |
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