



Quiet Pathways

Worksheet: Self-care

For many introverts, we are also sensitive. To take the test to see if this fits you [click here](#).

With our sensitivity, we feel our feelings deeply as well as the feelings of others. Because of this, we feel a strong pull to help others. When we can help others, it somehow calms us down.

There are so many great things about being sensitive and having this awareness of how others are doing. But there is also a downside. For some of us, we take care of others and not ourselves. When we do this, we end up living our life from a place of being depleted.

After awhile we might start to avoid people or places because it seems that we just can't deal with more 'stuff'. So we withdraw to our rooms, avoid family dinners, keep super busy so we don't have time to really be with people.

After awhile, we just feel 'off'. We can't quite get grounded. When we move toward people, we get overwhelmed with feelings but when we avoid we feel disconnected and alone.

I believe this happens because of lack of self-care. As natural caretakers, it's really tricky to make time for ourselves. We are also often rewarded for our behaviour of helping and putting others first.

The good news is there are healthy ways to take care of others without getting depleted, but it does require doing things differently.

Here are some things you can do to help make yourself a priority as well:

Exercise #1

1. **Write out what happens to you internally when you hear or see someone not doing well. This could be family, friend, co-worker, or a news story.** Do you have strong emotions? Do you feel overwhelmed? Do you feel the impulse to move towards the person or away from the person?
2. **What action do you take?** Do you reach out? Do you think about reaching out but then don't? Do you feel a strong impulse to ignore what is happening?

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Any response is okay, there is no judgement. The purpose of the above questions is to give you insight into how you are doing as well as how you take care of others.

Exercise #2

1. **How do you know when you are depleted?** Is your anxiety high and you can't sit still? Is it hard to get off the couch or off your phone even when you know you have other things to do? Do you snap at people or go super quiet?
2. **Write out what you currently do for self-care.** Self-care is any activity that you feel refreshed from doing it. This can be reading, crafts, walking, time with a friend, watching movies, listening to music.
3. **Do you do self-care that is planned out so you know you will have space for it?** Or is it an after thought that only happens if others don't need you.

Exercise #3

1. **Does it feel okay to take care of yourself?** Or does it feel selfish? Write out why it might feel selfish.
2. **Write out what the cost is to you for always putting others first.** This might be feeling resentful towards those you are helping, increased agitation, increased anxiety, increased isolation.

Exercise #4

1. **For the next two weeks plan out at least 4 times you will schedule time for yourself.**
2. **Notice any resistance that shows up as you have to say no to someone so you can take care of yourself.** Do you talk yourself out of follow through on your plan? Do you make excuses as to why you can't follow through on your plan? Are you able to do it and feel good about it or did any guilt show up?

The most important thing with self care is that we make time for ourselves. The better we take care of ourselves, the better we can take care of others.

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