

Creative Solutions

SELF CARE WORKBOOK



Designed For You by You

Serlina James, LCSW, LICSW, LISW-CP

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“Selfcare is free and priceless!”

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The information, reflections, exercises and practices contained in this workbook are intended to support general self-care, self-awareness and personal growth. They are not a substitute for psychotherapy, mental health treatment, medical care or crisis intervention.

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Use this time and space as an opportunity to invest in you.

INTRODUCTION

Selfcare is the daily, intentional practice of lovingly choosing yourself with authenticity, compassion, acceptance and grace.

**Selfcare is listening to your body before it has to scream
Selfcare is how we tend to our heart before it hardens.**

**Selfcare is how we honor our minds
and tend to our emotions
before, during and after
we get overwhelmed or
emotionally overdrawn.**

Selfcare is a Balanced Emotional Bank Account™

Selfcare is:

How we repair after harm

How we create and sustain JOY

How we honor and appreciate ourselves.

Selfcare is how we love ourselves!

Serlina James, LCSW, LICSW, LISW-CP
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ASSESSING YOURSELF

This is a brief Wellness snapshot

Visit [Creative Solutions](#) or schedule here
for a Comprehensive Wellness Assessment

Physical Self Care

	Y	N
Got Enough Sleep	<input type="radio"/>	<input type="radio"/>
Eat healthy	<input type="radio"/>	<input type="radio"/>
Balanced Diet	<input type="radio"/>	<input type="radio"/>
Get Regular Exercise	<input type="radio"/>	<input type="radio"/>
See a healthcare provider when needed	<input type="radio"/>	<input type="radio"/>
NOTE:		

Mental Self Care

	Y	N
Take time to relax	<input type="radio"/>	<input type="radio"/>
Find fulfillment and JOY in activities	<input type="radio"/>	<input type="radio"/>
I manage my time well	<input type="radio"/>	<input type="radio"/>
I respond to challenges with good judgment.	<input type="radio"/>	<input type="radio"/>
Stay present in the moment	<input type="radio"/>	<input type="radio"/>
NOTE:		

Social Self Care

	Y	N
Make time for social activity	<input type="radio"/>	<input type="radio"/>
I have healthy relationships with friends and/or family	<input type="radio"/>	<input type="radio"/>
I respect other's boundaries, preferences and choices.	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Say no when necessary	<input type="radio"/>	<input type="radio"/>
NOTE:		

Spiritual Self Care

	Y	N
I'm comfortable and satisfied with my Spiritual life.	<input type="radio"/>	<input type="radio"/>
Practice self-reflection, prayer or mindfulness	<input type="radio"/>	<input type="radio"/>
Feel connection to something larger than yourself	<input type="radio"/>	<input type="radio"/>
Have a sense of purpose and meaning in your life	<input type="radio"/>	<input type="radio"/>
My personal values and daily actions are aligned.	<input type="radio"/>	<input type="radio"/>
NOTE:		

SELF-CARE STRATEGIES

Selfcare is not a luxury, its a necessity...it's a living, liveable plan.

Selfcare is the intentional practice of living a balanced, purposeful and fulfilled life

Self care helps you prepare for life before it demands you to.

Selfcare helps you anticipate challenges, choose healthier responses and build options that support your energy, your peace and your priorities.

Selfcare is how you recharge without guilt, manage stress without burning out and stay balanced while carrying responsibilities, relationships and purpose.

Self-care is strategy, structure and grace designed to meet you where you are and support how you live, work, love, manage stress, recharge and sustain balance.

Create your Selfcare Plan

**THINGS I CAN DO EACH DAY THAT WILL MAKE ME
FEEL GOOD ABOUT MYSELF**

**WHAT I SHOULD SAY TO MYSELF WHEN I AM
HAVING A DIFFICULT TIME**

**WHAT I SHOULD AVOID DOING WHEN I AM
HAVING A HARD DAY**

**WHAT I CAN DO (THAT IS GOOD FOR ME) WHEN I
FEEL OVERWHELMED OR UPSET**

SELF-CARE IN PRACTICE

Effective stress management and selfcare practices can be incorporated into your daily and weekly routines.

Research has shown that Relaxation Skills, Food Choices, Physical Activity and Spirituality/Connection are heavily associated with Selfcare and Wellness.

Write down options that seem right for you, your values, priorities, resources and lifestyle.

RELAXATION PRACTICE

CHOOSE 1-3 TO PRACTICE DAILY

FOOD CHOICES

CHOOSE 1-3 TO PRACTICE DAILY

PHYSICAL ACTIVITY

CHOOSE 1-3 TO PRACTICE DAILY

CONNECTION/SPIRITUALITY

CHOOSE 1-3 TO PRACTICE DAILY

SELFCARE IS ESSENTIAL

Selfcare is not a trend. It is a committed effort to enhance your quality of life.

Selfcare is an integral part of maintaining Total Wellness. Selfcare involves taking care of your physical, mental and emotional needs, Selfcare is living a balanced life, nourishing all 8 domains of wellness, creating fulfilling experiences...relaxing and invigorating.

Selfcare is how you:

Sustain JOY

Recover from stress

Heal what was never tended

Live a life you Love Living

You do not have to do everything at once.

You only have to commit to be in loving relationship with yourself.

If you find that self-care feels hard, inconsistent, or confusing...
this is often a sign that support would help.

You are welcome to explore therapy, coaching or wellness services
with me at any time.



By regularly incorporating self-care into your routine and seeking support when needed, you can enhance your overall well-being and feel more balanced and fulfilled.

Schedule your Wellness Assessment now.

SEEKING SUPPORT

Knowing when to ask for help is selfcare.

**Seeking support when you're feeling overwhelmed
or struggling with your mental or emotional well-being
is the epitome of strength.**

Seek support when:

Stress feels unmanageable
Trauma responses are activated
You feel stuck, numb or overwhelmed
You want growth, not just relief
Old patterns keep repeating



Working With Me

I offer virtual therapy and coaching services
supporting Total Wellness, selfcare,
stress reduction and life enhancement.

At Creative Solutions,
care is tailored to support
general well-being and high acuity needs...
grounded in person centered, nervous-system-aware,
trauma informed and holistic frameworks
designed to promote balance and growth.



**You can learn more about selfcare at Creative Solutions
or Schedule a Wellness Assessment Now**

**This Selfcare Workbook is for women who are tired
of holding it all together alone.**

♥ Use it. Share it. Come back to it. ♥

Workbook-exclusive Offer

Personal Wellness Blueprint- \$199 (\$99 savings)

Includes:

- **Total Wellness Assessment**
- **8 Wellness Domains mapped**
- **Personalized Wellness Plan**

Invest

In

Yourself

You Deserve It!

Serlina James, LCSW, LICSW, LISW-CP
Creative Solutions

Wherever You Are
[Schedule Now](#)

In Case of Crisis or Immediate Support:

Call 911 or your local emergency number

Contact the 988 Suicide & Crisis Lifeline (U.S.) by calling or texting 988

**If you are outside the U.S., please contact your local emergency services
or a trusted crisis hotline in your country**

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