



Self-Care Worksheet

What is Self-Care?

As LGBTQ+ individuals, we may face additional layers of stress related to identity, visibility, family, community, safety, and societal messaging. Self-care is not only about tending to basic needs—it is a way of affirming our worth, reclaiming space, and nurturing the parts of us that the world may overlook or marginalise.

This worksheet supports you in developing intentional, identity-affirming self-care.

It is not a luxury—it is essential. Regular self-care supports mood, energy, resilience, and emotional regulation. It helps prevent burnout and promotes a healthier relationship with ourselves and others.

Self-Care Reflection Questions

Reflect on these prompts and jot down your responses. These can guide you in building a sustainable self-care routine.

1. What helps me feel affirmed in my identity?

2. Who in my life truly sees and respects me?

3. What parts of my identity have I been hiding or protecting?

4. What helps me feel safe in my body or expression?

5. What boundaries do I need to reinforce or revisit?

6. How do I celebrate or connect with LGBTQ+ community or culture?

Daily LGBTQ+ Self-Care Checklist

Tick off any self-care actions you've completed today. Aim for small, manageable steps.

- ☐ Took time to affirm my identity (e.g., gender expression, pronouns, visibility)
- ☐ Practised kind self-talk, especially around shame or self-doubt
- ☐ Spent time with chosen family, queer friends, or affirming communities
- ☐ Limited exposure to hostile environments or social media
- ☐ Engaged with LGBTQ+ art, media, or culture that lifts me up
- ☐ Took care of my body in a way that feels right for me
- ☐ Acknowledged the impact of discrimination or microaggressions

- ☐ Gave myself permission to rest and feel
- ☐ Reclaimed joy, play, or creativity
- ☐ Asked for support or reached out (if needed)

My Self-Care Plan

Physical Self-Care

(e.g., gender-affirming practices, rest, movement)

Emotional Self-Care

(e.g., journaling, therapy, support groups)

Mental Self-Care

(e.g., limiting exposure to stressors, setting boundaries)

Spiritual/Existential Self-Care

(e.g., finding meaning, connecting with LGBTQ+ ancestors or rituals)

Social Self-Care

(e.g., engaging with affirming people, creating safe community)

You deserve care, protection, and celebration.

You are valid. You belong. You are enough.

Provided by Pride Space CIC Therapy

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