FREE SELF-CARE WORKSHEET

Permission to *not be strong*

Many of us, especially Black women, were taught to be the strong one: to hold it together, carry everyone, and keep our struggles private. That strength is real, but it was never meant to be carried alone. This worksheet helps you notice what you're holding and where you can set some of it down.

Does this sound like you?

- ☐ I'm the one everyone calls in a crisis
- ☐ I rarely ask for help
- ☐ I push my feelings down to keep going
- ☐ I feel I can't fall apart
- ☐ I feel guilty resting
- ☐ I say "I'm fine" when I'm not
- ☐ I take care of everyone before myself
- ☐ People are surprised when I struggle

1 Name the cost

Always being strong can show up as exhaustion, resentment, headaches, numbness or feeling unseen. What is it costing you?

2 Soft is not weak

Crying, resting and needing people are human. Letting yourself be cared for is not failure.

3 Choose one safe person

Pick one person you can be fully honest with, and tell them how you really are.

4 Put yourself on the list

Add one thing for you to each day, even ten minutes, and protect it like any other commitment.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

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What I'm carrying

List what you're holding right now. Then ask: is this mine to carry, can I share it, or can I set it down?

WHAT I'M CARRYING	MINE · SHARE · SET DOWN	WHO COULD HELP, OR WHAT I'LL DO

Where I learned I had to be strong

What strength means to me now

I give myself permission to...

e.g. rest, cry, say no, ask for help, not have it together

What I'd say to a friend carrying this much

When to reach out

If you feel empty, numb or exhausted most days, or you are struggling to keep going, please talk to a therapist or your doctor. You deserve care too.