a guide to

CREATING YOUR
GEEKY SELF-CARE ROUTINE

activities cheat sheet & planner pages

this geeked out lifestyle blog

thank you!

for downloading this self care planner & tracker. Actually, you should thank yourself because self-care is one of the best things you can do for yourself!

First I will share my list of geeky self care activities for you to try. I have categorized the activities under seven different types of health care. Each is important to overall wellness, and, in my opinion, you should try something from each category and work it into your overall self care routine. Even if you do different things at different times. Keep in mind that when you lack in even one category, your health can suffer. But don't do it all at once. Take time to think about how each activity makes you feel. Consider the times and days and if they contribute to your feelings, as well.

The self-care planner is a template for you to add to your journaling practice or your bullet journal. If you don't have a bullet journal, feel free to print them and fill them out - or fill them out online
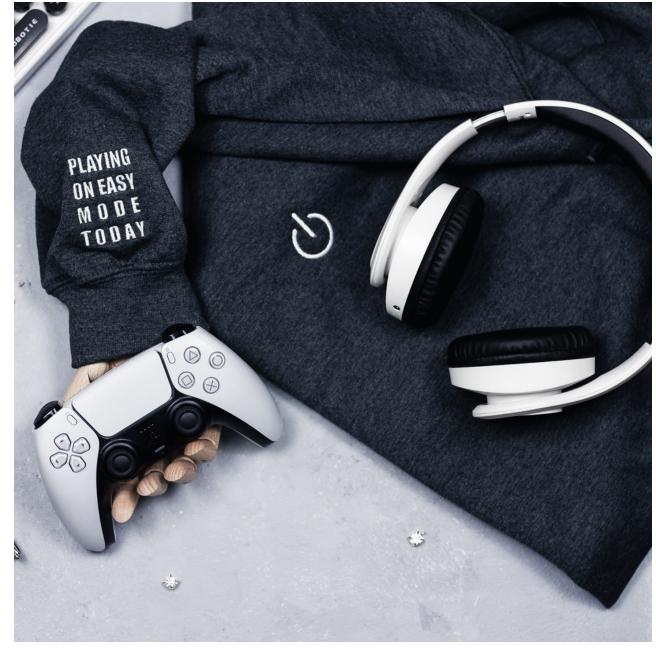
Self care is taking the time to check in with yourself and to intentionally engage in activities that invigorate and re-energize your soul, your spirit, and your physical well-being, as well as foster positive mental health so that you can reduce stress and live happier.

A self-care plan is a well thought-out guide to help you find activities to improve your inner and outer well-being. This is done with intention and care. Always be aware of how you feel and record those feelings.

A self-care routine is the maintenance of your self-care. It comes after creating your self-care plan. It includes the activities of the plan that you commit yourself to doing on a regular basis. It can be daily, weekly, monthly - but it must be consistent and intentional.

Most of us work extra hard in our everyday lives to be what society deems to be 'normal'. To engage in 'normal' activities, to like 'normal' things - and this is everywhere we go. Geeky is not completely mainstream in everyday life or at work, school, church, and other gatherings. By the end of the day we're often exhausted. And many of us don't feel seen or understood. We are living to make others around us more comfortable, and that is mentally draining.

Of course this depends on the kind of environment you're in and who you're around most of the time. You may be lucky enough to have been raised in a geeky family, work or go to school around geeky people, and have a lot of geeky friends. I think it's safe to say that most geeky adults aren't that lucky.

HOW IS A GEEKY SELF ROUTINE DIFFERENT?

This means that, for the majority of us, we need time to ourselves to recharge and sit down to enjoy what we want to enjoy without having to feel like we'll be judged for it. Or like we have to explain it all. This is where self-care is vital to our happiness.

And this is why when we create our self care plans and routines, we should find activities that help us express our geekiness in the most positive way. We are feeding the areas of our lives that make us happy and taking part in things that we are passionate about. That's the key difference - it isn't that we need more or less self care than anyone else. It involves the activities we take part in that differentiate us from the rest.

Self-care for geeks gives us a safe space to be who we are.

SEVEN AREAS OF SELF-CARE

There are seven areas of self-care that we should focus on when creating a self care plan.

1 PHYSICAL SELF-CARE

2 MENTAL AND EMOTIONAL SELF-CARE

3 ENVIRONMENTAL SELF-CARE

4 FINANCIAL SELF-CARE

5 SOCIAL SELF-CARE

6 RECREATIONAL SELF-CARE

7 RECREATIONAL SELF-CARE

On the following page, I have provided a list of geeky activities within these seven categories that can be included with your plan. Try a few of them out to see if they work for your individual needs. Remember, they're just ideas that you can try or use as inspiration to think of your own geeky activities.
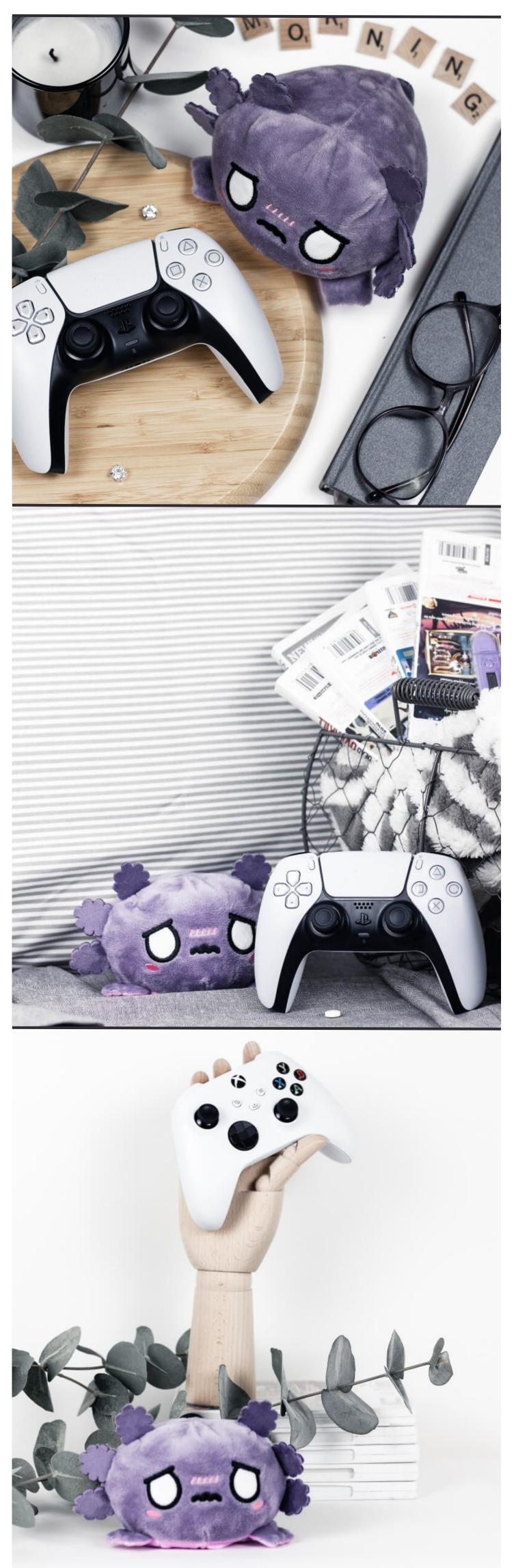
PHYSICAL SELF-CARE

- Join the Conqueror's Challenge and walk to Mordor
- Update that Pokemon Go app and go outside to catch them all
- Try cooking one of those yummy anime meals
- Sleep like you've been snapped out of existence (not for years, but 7 hours for a start)
- Don't have a hot spring? Try some geeky shower or bath bombs and relax with some hot water.

MENTAL & EMOTIONAL SELF-CARE

- Learn to draw manga, cook a Star Wars dish, or speak an anime language.
- Read the latest comic
- Play a new video game by yourself - boundaries are good
- Start a geeky journal to record your feelings, or get into bullet journaling
- Write down those feelings, accept them, cry like an anime character, and the laugh like a DC villain.

ENVIRONMENTAL SELF-CARE

- Invoke your inner Sebastian (Black Butler) and take some time to clean-house
- Clean and organize your geeky collection
- Geekify your wardrobe, or at the very least hang up your clothes
- Listen to music that makes you happy. Anime rap, anyone?
- Garden like your inner Poison Ivy wants you to
- Declutter and geekify your workspace

FINANCIAL SELF-CARE

- Work out a future financial plan to make you as rich as Daisuke Kambe (The Millionaire Detective)
- Invest in a geeky endeavor or charity
- Create a savings account to put aside funds for that geeky dream vacation (Disney's Galaxy's Edge, anyone?)
- Have a geeky shopping spree and look for your next collectible
- Plan your dream cosplay for the next convention

SOCIAL SELF-CARE

- Join a geeky community or group Introverted?
- Choose one close friend and have a game night with no distractions
- Find a pen pal and share your geeky favorites
- Try online gaming
- End a toxic relationship
- Attend a comic convention and meet your people

RECREATIONAL SELF-CARE

- Start a new anime, Netflix series, or Disney+ movies.
- Make a day of visiting your local comic book store, book store, gaming store, geeky collectibles shop, or all of them.
- Have a geeky pamper day - try geeky nails, a hairstyle or color of your favorite character, or new geeky clothes

SPIRITUAL SELF-CARE

- Learn the Jedi meditation technique
- Embrace your inner avatar and become closer to nature
- Take some time for self-reflection and getting to know yourself
- Read an inspirational book or some geeky quotes
- Start with Stan Lee and go from there
- Reflect on all you're grateful for

The next pages are your monthly self-care planner and weekly self-care routine. I hope the information shared in this guide will help you come up with your own unique geeky self-care plan and routine to use for an improved mindset.

Don't forget to follow the steps when creating your plan. It is vital that you keep track of your feelings as well as any physical or emotional changes that occur - both positive and negative:

1. Identify your stressors
2. Identify the things that bring you joy
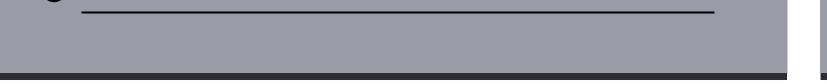3. Find a time you can dedicate to self-care
4. Choose an activity
5. Reflect on how you feel afterwards
6. Add it as part of your regular routine
7. Tweak and repeat

SELF-CARE ROUTINE PLANNER

Self-Care Goals:

_____

_____

_____

_____

It's important for me to create a self-care routine because: _____

_____

_____

Things that cause me stress:

- O _____
- O _____
- O _____
- O _____

Geeky activities that bring me joy:

- O _____
- O _____
- O _____
- O _____

My Best Times for Self-Care (circle all that apply):

S 12a 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a 11a 12p 1p 2p 3p 4p 5p 6p 7p 8p 9p 10p 11p
M 12a 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a 11a 12p 1p 2p 3p 4p 5p 6p 7p 8p 9p 10p 11p
T 12a 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a 11a 12p 1p 2p 3p 4p 5p 6p 7p 8p 9p 10p 11p
W 12a 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a 11a 12p 1p 2p 3p 4p 5p 6p 7p 8p 9p 10p 11p
T 12a 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a 11a 12p 1p 2p 3p 4p 5p 6p 7p 8p 9p 10p 11p
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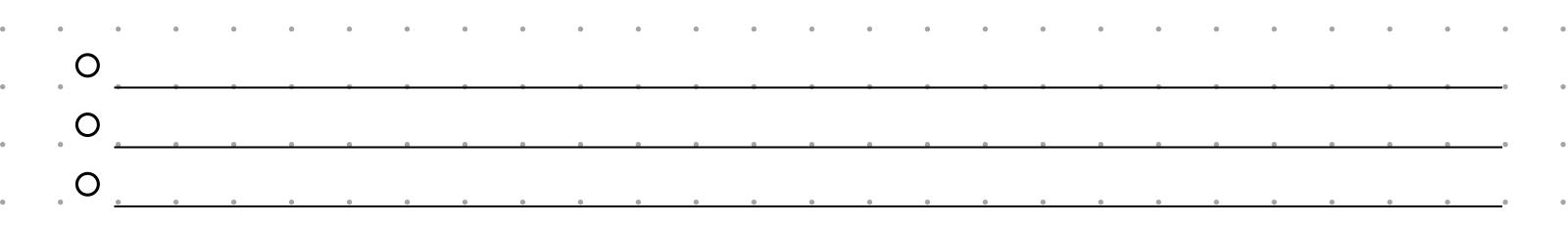S 12a 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a 11a 12p 1p 2p 3p 4p 5p 6p 7p 8p 9p 10p 11p
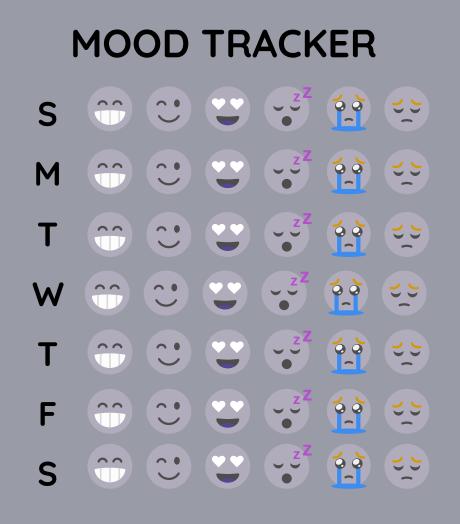
I will start with this geeky activity:

Time: _____   Duration: _____

monthly check in | How did this month's activity make me feel? Has it helped my overall outlook?

_____

_____

_____

WEEKLY SELF-CARE TRACKER

Week of: _____

SELF-CARE ACTIVITIES TO TRY OR CONTINUE THIS WEEK

- ○ _____
- ○ _____
- ○ _____

MOOD TRACKER

S	😁	🙂	😍	😴	😢	😔
M	😁	🙂	😍	😴	😢	😔
T	😁	🙂	😍	😴	😢	😔
W	😁	🙂	😍	😴	😢	😔
T	😁	🙂	😍	😴	😢	😔
F	😁	🙂	😍	😴	😢	😔
S	😁	🙂	😍	😴	😢	😔

SLEEP TRACKER

S	7p	8p	9p	10p	11p	12a
M	7p	8p	9p	10p	11p	12a
T	7p	8p	9p	10p	11p	12a
W	7p	8p	9p	10p	11p	12a
T	7p	8p	9p	10p	11p	12a
F	7p	8p	9p	10p	11p	12a
S	7p	8p	9p	10p	11p	12a

MEAL TRACKER

S	○ breakfast	○ lunch	○ dinner
M	○ breakfast	○ lunch	○ dinner
T	○ breakfast	○ lunch	○ dinner
W	○ breakfast	○ lunch	○ dinner
T	○ breakfast	○ lunch	○ dinner
F	○ breakfast	○ lunch	○ dinner
S	○ breakfast	○ lunch	○ dinner

ACTIVITIES TRACKER

DAILY	WEEKLY	MONTHLY
morning	S	week 1
	M	
	T	week 2
afternoon	W	
	T	week 3
	F	
evening	S	week 4

_____
_____

WEEKLY CHECK IN | How do I feel this week? _____

_____
_____
_____
_____
_____

The Geeked Out Life is a lifestyle brand and blog created to empower readers to live their geek and to express their love for all things geeky through their everyday lifestyle. The mission of 'that geeked out life' is simply to encourage you to:

live YOUR geek

For more geeky-related posts and resources, don't forget to stop by the blog regularly. And drop me a line to let me know if this guide helped you!

this geeked out life
a life & style blog for geeks

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