



CAMS SELF-CARE WORKBOOK

CONFRONT • APPRECIATE • MOVE FORWARD • SELF CARE

A place to pause, reflect, and make yourself a priority.



Welcome to CAMS

YOUR JOURNEY STARTS WITH A PAUSE

This workbook was created to help you slow down, check in with yourself, and recognize that caring for yourself is not selfish—it is necessary.

CAMS stands for CONFRONT, APPRECIATE, MOVE FORWARD, and SELF CARE. These four ideas work together to help us look honestly at what is happening, recognize what matters, take the next step, and care for ourselves along the way.

CONFRONT

Be honest about what deserves your attention.

APPRECIATE

Notice what and who matters to you.

MOVE FORWARD

Focus on the next step, not the whole path.

SELF CARE

Learn what you need and make room for it.

A NOTE TO YOU

Write honestly. Skip what does not fit. Come back whenever you need it.



Before You Begin

A SIMPLE STARTING POINT

There is no perfect way to use this workbook. Start wherever you are. Your answers can change as your needs change.

TODAY I FEEL...

RIGHT NOW, I NEED...

ONE THING I HOPE TO GET FROM THIS WORKBOOK...



CONFRONT • 1

BE HONEST ABOUT WHAT NEEDS YOUR ATTENTION

WHAT AM I AVOIDING?

Is there something I keep putting off, ignoring, or hoping will disappear?

WHY AM I AVOIDING IT?

WHAT HAS BEEN WEIGHING ON ME?

REMEMBER

Honesty is not failure. Sometimes confronting the truth is the beginning of change.



CONFRONT • 2

NOTICE THE IMPACT

HOW IS IT AFFECTING ME?

Think about your emotions, relationships, energy, or daily life.

WHAT IS WITHIN MY CONTROL?

Focus on what you can influence rather than what you cannot.

WHAT IS OUTSIDE MY CONTROL?

What can you stop carrying or trying to fix?

REMEMBER

Honesty is not failure. Sometimes confronting the truth is the beginning of change.



CONFRONT • 3

TAKE ONE HONEST STEP

WHO OR WHAT COULD HELP ME?

WHAT BOUNDARY DO I NEED?

Think about your time, energy, relationships, work, or personal space.

WHAT IS ONE SMALL STEP I CAN TAKE?

REMEMBER

Honesty is not failure. Sometimes confronting the truth is the beginning of change.



APPRECIATE • 1

NOTICE THE GOOD

SOMEONE I'M THANKFUL FOR

SOMETHING I'VE ACCOMPLISHED

SOMETHING DIFFICULT I'VE MADE IT THROUGH



APPRECIATE • 2

GIVE YOURSELF CREDIT

SOMETHING I OFTEN TAKE FOR GRANTED

SOMETHING I'M LOOKING FORWARD TO

SOMETHING ABOUT MYSELF I APPRECIATE



APPRECIATE • 3

A MOMENT WORTH REMEMBERING

A MOMENT I WANT TO REMEMBER

SOMEONE WHO HAS MADE A DIFFERENCE IN MY LIFE

SOMETHING SMALL THAT BROUGHT ME JOY



MOVE FORWARD • 1

UNDERSTAND WHERE YOU ARE

WHERE AM I NOW?

WHERE DO I WANT TO BE?

WHAT IS STANDING IN MY WAY?



MOVE FORWARD • 2

TURN AWARENESS INTO ACTION

WHAT CAN I CONTROL?

WHAT IS MY FIRST STEP?

WHAT IS MY NEXT STEP?

WHEN WILL I TAKE IT?

ONE STEP AT A TIME

You do not have to see the whole path to take the next step.



SELF CARE • 1

WHAT DO I NEED?

Start with awareness

WHEN I'M STRESSED, I TEND TO...

SIGNS THAT I NEED TO SLOW DOWN...

THINGS THAT HELP ME FEEL BETTER...



SELF CARE • BODY & REST

LISTEN TO YOUR BODY

Physical self-care

HOW AM I SLEEPING?

HOW AM I FUELING MY BODY?

HOW AM I MOVING MY BODY?

WHERE DO I NEED MORE REST?



SELF CARE • EMOTIONS

MAKE ROOM FOR WHAT YOU FEEL

Emotional self-care

WHAT EMOTION HAVE I BEEN CARRYING?

WHAT DO I USUALLY DO WITH DIFFICULT EMOTIONS?

WHAT WOULD KINDNESS TOWARD MYSELF LOOK LIKE?



SELF CARE • MIND

PROTECT YOUR MENTAL SPACE

Mental self-care

WHAT IS TAKING UP THE MOST SPACE IN MY MIND?

WHAT CAN I PUT DOWN FOR TODAY?

WHAT HELPS ME FEEL CALM OR GROUNDED?



SELF CARE • CONNECTION

YOU WERE NOT MEANT TO CARRY EVERYTHING ALONE

Connection and support

PEOPLE I FEEL SAFE TALKING TO

RELATIONSHIPS THAT GIVE ME ENERGY

RELATIONSHIPS OR SITUATIONS THAT DRAIN ME



SELF CARE • JOY

MAKE ROOM FOR WHAT MAKES LIFE FEEL LIKE YOURS

Joy matters, too

WHAT MAKES ME SMILE?

WHAT DID I USED TO ENJOY?

WHAT WOULD I LIKE TO TRY?

ONE ENJOYABLE THING I CAN MAKE TIME FOR THIS WEEK



SELF CARE • BOUNDARIES

PROTECT YOUR TIME, ENERGY, AND WELL-BEING

Healthy boundaries are not about being unkind. They help you communicate what you can—and cannot—give while respecting yourself and others.

WHERE AM I SAYING YES WHEN I MEAN NO?

WHAT SITUATION OR RELATIONSHIP IS DRAINING ME?

WHAT BOUNDARY DO I NEED TO ESTABLISH?

WHAT MAKES THIS BOUNDARY DIFFICULT?



BOUNDARIES • PRACTICE

WORDS YOU CAN USE

Sometimes the hardest part of a boundary is finding the words. Use these as starting points and make them your own.

- *I can't commit to that right now.*
- *I need some time for myself.*
- *That doesn't work for me.*
- *I understand, but my answer is still no.*
- *I can help with ___, but I can't take on ___.*
- *I need to think about that before I answer.*

A BOUNDARY I WANT TO PRACTICE



WHEN I'M NOT OKAY

CREATE A PERSONAL SUPPORT PLAN

There may be times when self-care alone is not enough. This page helps you identify support before you need it.

WHEN I'M STRUGGLING, I NOTICE...

THINGS THAT HELP ME FEEL GROUNDED...

PEOPLE I CAN REACH OUT TO...

PLACES WHERE I FEEL SAFE...



WHEN I NEED MORE SUPPORT

KNOWING WHEN TO REACH OUT IS SELF-CARE

Self-care can be powerful, but it is not a replacement for professional or emergency support when you need it. Reaching out is not weakness—it is a form of caring for yourself.

A PROFESSIONAL I CAN CONTACT...

A TRUSTED PERSON I CAN CONTACT...

WHAT I WOULD WANT THEM TO KNOW...

IF YOU ARE IN IMMEDIATE DANGER

Contact local emergency services or a crisis service available in your area.



MY CAMS PLAN

BRING IT ALL TOGETHER

Use these four statements to create a personal commitment to yourself.

I WILL CONFRONT...

I WILL APPRECIATE...

I WILL MOVE FORWARD BY...

I WILL PRACTICE SELF CARE BY...

MY PROMISE TO MYSELF

I deserve care, attention, rest, support, and room to be a person—not just someone who takes care of everyone else.



30-DAY CAMS CHALLENGE

ONE SMALL ACT OF SELF-CARE EACH DAY

For 30 days, choose one small thing each day that supports your well-being. It can take five minutes or an entire afternoon.

DAY 1 _____ _____	DAY 2 _____ _____	DAY 3 _____ _____
DAY 4 _____ _____	DAY 5 _____ _____	DAY 6 _____ _____
DAY 7 _____ _____	DAY 8 _____ _____	DAY 9 _____ _____
DAY 10 _____ _____	DAY 11 _____ _____	DAY 12 _____ _____
DAY 13 _____ _____	DAY 14 _____ _____	DAY 15 _____ _____
DAY 16 _____ _____	DAY 17 _____ _____	DAY 18 _____ _____
DAY 19 _____ _____	DAY 20 _____ _____	DAY 21 _____ _____
DAY 22 _____ _____	DAY 23 _____ _____	DAY 24 _____ _____
DAY 25 _____ _____	DAY 26 _____ _____	DAY 27 _____ _____
DAY 28 _____ _____	DAY 29 _____ _____	DAY 30 _____ _____



30-DAY REFLECTION

WHAT CHANGED WHEN I MADE MYSELF A PRIORITY?

WHAT DID I LEARN ABOUT MYSELF?

WHICH SELF-CARE CHOICES HELPED THE MOST?

WHAT BECAME EASIER?

WHAT DO I WANT TO CONTINUE?

WHAT DO I NEED TO CHANGE?



MY CAMS WEEKLY PLANNER

A BLANK SPACE FOR YOUR OWN PLAN

Use the calendar to write whatever matters to you—self-care, goals, reminders, or small steps.

MON	TUE	WED	THU	FRI	SAT	SUN

END-OF-WEEK REFLECTION

What helped me this week? What do I want to carry into next week?



A FINAL NOTE TO YOU

KEEP GOING. KEEP CARING FOR YOURSELF.

Self-care is not something you finish. It is something you practice.

There will be good days and hard days. There will be times when you feel strong and times when you need support. None of that makes you less worthy of care.

Come back to these pages whenever you need to pause, reflect, reset, or remind yourself that your needs matter, too.

CONFRONT

APPRECIATE

MOVE FORWARD

SELF CARE

You are worth taking care of.

www.camsfoundation.com