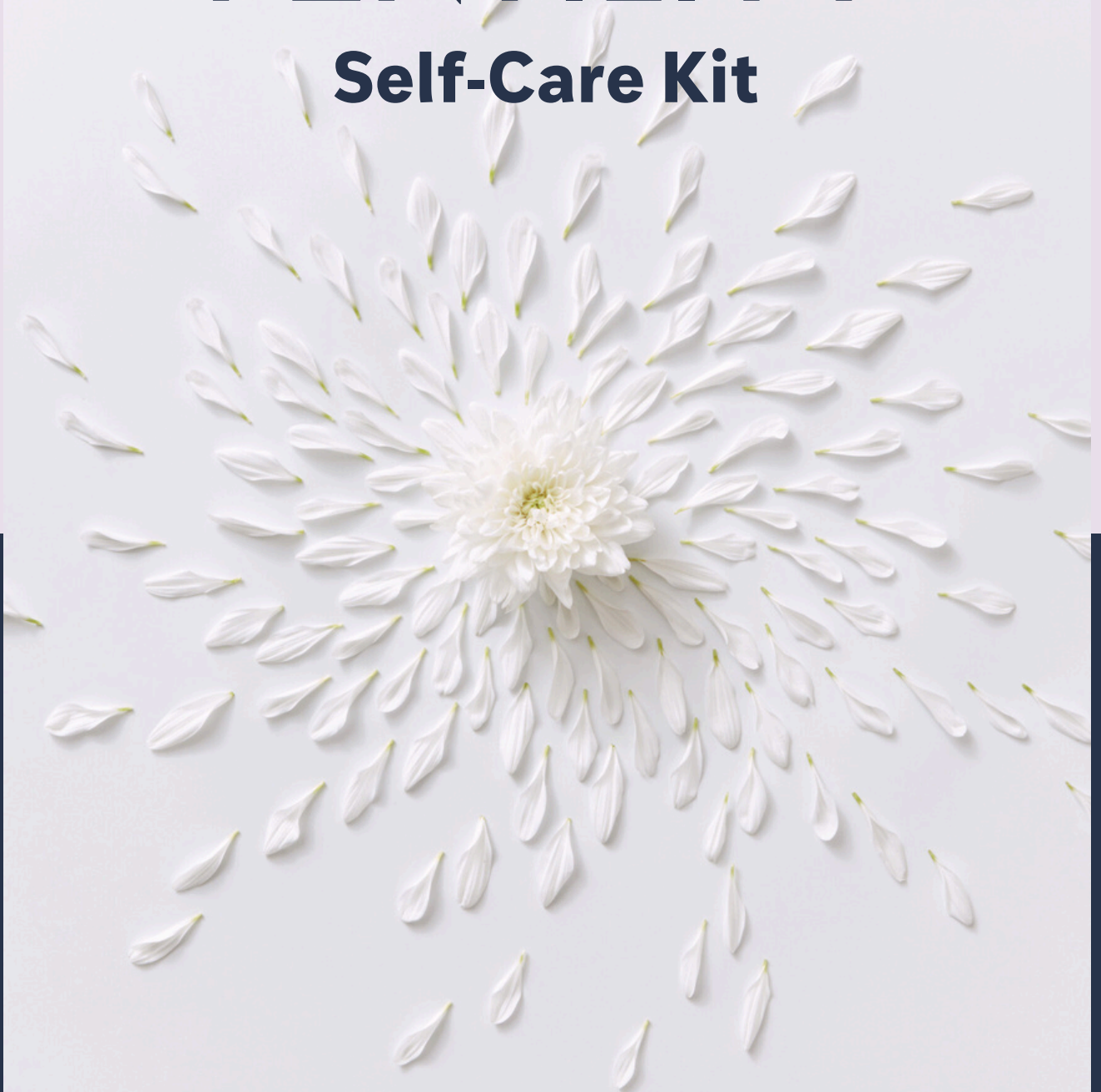


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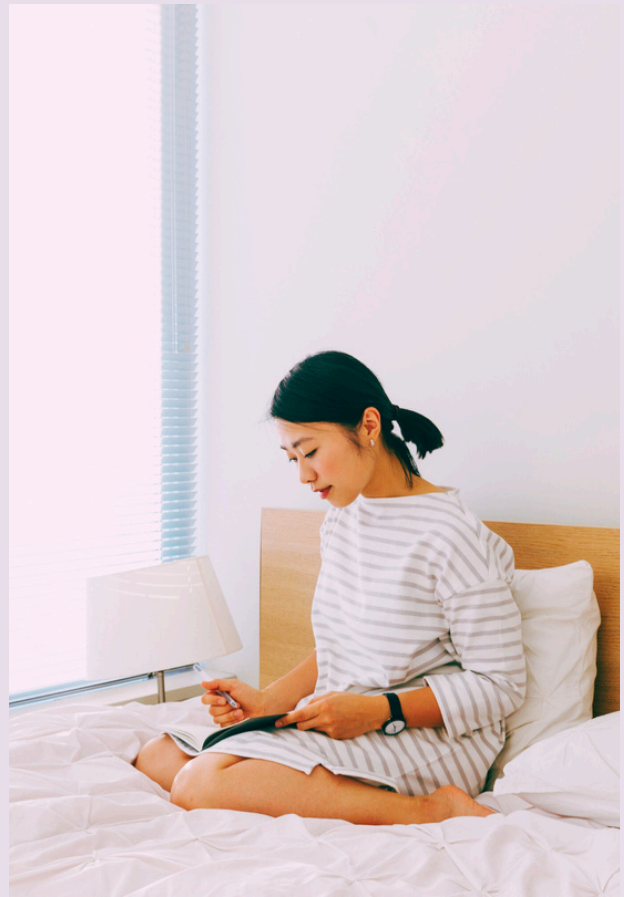
Self-Care Kit



WELCOME

Welcome to Reproductive Partners Medical Group & Fertility Centers of Orange County.

We are honored to be a part of your family-building and fertility journey.



This journey can be beautiful—and sometimes overwhelming.

That's why we created this digital self-care kit: to offer a moment of calm, support, and grounding whenever you need it.

Inside, you'll find tools to help you breathe deeper, reset your mindset, and reconnect with yourself—because caring for your emotional well-being matters just as much as your physical health.

Reproductive Partners
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● Beverly Hills ● South Bay ● Orange County

Fertility Centers of
Orange County

● Irvine

How to Make Time for Self- Care

Do you have time for self-care? Or are you too busy? Do you feel guilty to make time for yourself?

Unfortunately, many people consider being busy as normal. Even though we feel exhausted, we feel pride at being someone who can handle anything life throws at us and our days are filled with activities and events ...many of which are tasks we don't actually want to do.

At the end of every day we wonder why we are so exhausted.

On top of this, the loved ones in our lives need so much from us. Children, partners, family and friends all make demands on our time.

However, we don't have to live this way. Make time for self-care in your day and you'll be less overwhelmed and exhausted.

"Make time for self-care
in your day and magically
you'll find you are less
overwhelmed, less
stressed and less
exhausted"



So how do you make time for self-care in your busy day? Well, you can start by decluttering your life. It's probable that you have too much on your schedule, even if you think you can manage. Try removing the activities that aren't important and essential and quit multi-tasking.

With the space you've created in your schedule you should now be able to slow down and stop rushing from one thing to the next. Get into the habit of taking a pause and try to be more intentional with your energy and time.

The Benefits of Self-Care

We know that self-care is essential for our well-being
but it also has many other benefits too

HELPS YOU TO COPE

Self-care helps you to cope in the present moment when you're feeling overwhelmed or challenged. It helps you remain calm and purposeful when dealing with obstacles or difficulties.

GIVES YOU A TOOLKIT

Self-care can work as a toolkit when you need help after periods of stress or change in your life. Having a set of tools can help to restore and calm you.

BOOSTS PHYSICAL HEALTH

Self-care can improve your physical health. Taking time for yourself and spending time being relaxed can improve your energy levels for physical activity and can prevent chronic stress from damaging your health.

MAKES YOU MORE PRODUCTIVE

Self-care will help you become more productive. By slowing down you'll be able to focus on what is actually important. As a result, you'll become more intentional with your time and therefore more productive.

INCREASES SELF-ESTEEM

Taking time to focus on you and look after yourself will remind you how important you are. As you plan goals and reflect on your progress, you'll see how worthy you are. In turn, this will make you feel better about yourself and help you approach life in a more confident way. Ultimately, this all contributes to an increased sense of self-esteem.



FIVE Ways To Self-Care

1 GET OUTSIDE

Sunshine will keep your serotonin levels high.



2

EASY RITUALS

Make tea, light a candle and write in your journal.



3

AVOID CAFFEINE

Instead try drinking caffeine-free green tea.



5

WIND DOWN

Create a wind-down routine before bed which includes no screens

4 WORK & SELF-CARE

Keep the two separate so you can appreciate rest and relaxation time.

4



60 Ideas for Self-Care

- aromatherapy
- use your senses
- cuddle
- remember your why
- use an affirmation
- forgive yourself
- buy a gift
- go for a picnic
- go swimming
- stroke a pet
- breathe deeply
- bake a cake
- create something
- do a hobby
- exercise
- go on mini vacation
- eat healthily
- read a book
- get some sunshine
- get enough sleep
- deep breathing
- take naps
- learn something new
- brush teeth
- take a bath
- shower
- go to the dentist
- go to the optician
- do puzzles
- go to the doctor
- laugh and cry
- take a walk
- make a gratitude list
- medical health
- watch sunsets
- stretch
- meditate
- play a game
- do yoga
- listen to music
- draw
- write in a journal
- sing a song
- drink water
- play an instrument
- travel
- dance
- make plans with a friend
- volunteer
- exercise
- meet someone new
- watch a movie
- spend time in nature
- take time off
- ask for help
- try a new recipe
- visit a gallery
- talk about your feelings
- self-reflection
- talk with a therapist

Self-Care Assessment

	REGULARLY	SOMETIMES	NOT AT ALL	WILL IMPROVE
Eat healthily				
Drink water				
Listen to music				
Exercise				
Meditate				
Get enough sleep				
Use affirmations				
Breathing exercises				
Learn something new				
Gratitude exercises				
Spend time in nature				
Get some sunshine				
Stretch				
Connect socially				
Read books				
Do hobbies				
Unplug				
Take breaks				
Ask for help				
Journal	REGULARLY	SOMETIMES	NOT AT ALL	WILL IMPROVE

MY SCORE TOTALS				
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My Self-Care Plan

Signs that I'm getting overwhelmed

My ways to cope with stress

People I can go to for support

My positive affirmations

Places that help me relax

Activities that help me relax

Music to help me relax

Self-Care Tracker

PHYSICAL SELF-CARE	S	M	T	W	T	F	S
Get at least 8 hours sleep per night							
Drink lots of water throughout the day							
Spend time stretching or doing yoga							
Eat three balanced healthy meals							
Spend time in nature and go for a walk							
Take a warm bath or shower							

MENTAL SELF-CARE	S	M	T	W	T	F	S
Spend 5 minutes meditating							
Identify and write down a goal							
Spend time writing in your journal							
Do some belly breathing							
Do a puzzle or play a game							
Use a mental health app							

EMOTIONAL SELF-CARE	S	M	T	W	T	F	S
Call a friend							
Listen to some music or a podcast							
Take a course and learn something new							
Watch something funny							
Use affirmations							
Connect with a support group							

My Morning Routine

Gratitude 1:

Gratitude 2:

Gratitude 3:

I will make today great by:

Today's affirmation:

MY MORNING CHECKLIST

- ☐ Get out of bed and have a nutritious drink
- ☐ Focus on breathing exercises/meditate
- ☐ Exercise for 30 minutes
- ☐ Eat a healthy breakfast
- ☐ Avoid social media and screen use
- ☐ Take a shower
- ☐ Feel good and start the day



My Self-Care Routine

Review the list and circle the self-care strategies that would be helpful to you.

Unplug	Being creative	Decluttering	Bathing
Relaxation	Reading	Gardening	
Talking	Mindfulness	Phone calls	Movies
Journal writing	Sleep routine	Nutrition	Exercise
Affirmations	Hobbies	Learning	Massage

Schedule your self-care strategies into your week

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
AFTERNOON							
EVENING							

Choose a few of the activities from above and complete the statements below.

I will **[insert self-care strategy]** for **[length of time]** at least **[number]** times per week.

I will _____ for _____ at least _____ times per week.

I will _____ for _____ at least _____ times per week.

I will _____ for _____ at least _____ times per week.

My Weekly Self-Care Checklist

My goal for this week:								How I will achieve this:							
HABITS	S	M	T	W	T	F	S	FEELINGS	S	M	T	W	T	F	S
Sleep								Happy							
Drink water								Excited							
Exercise								Relaxed							
Meditate								Motivated							
Gratitude								Tired							
Learn								Irritable							
Connect								Sad							
I am most proud of:															
I was successful at:															
Challenges I faced:															
I learnt:															
I was grateful for:															
Thoughts for next week:															

The Roots of Stress

Write the signs of stress you're experiencing in the roots of the tree. Then list your self-care strategies to help cope with the stress in the leaves of the tree.



Self-Care Challenge

For the next 30 days, each day choose a self-care activity to do and when you've completed it, record it in the chart below.

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

Which activity did you enjoy the most? Which activity will you make a permanent part of your routine?

Self-Care Bingo

How to play: Each time you complete a self-care activity mark it on the grid below. As soon as you have marked all the squares, shout "Self-Care Bingo".

Start a compliments file	Take a different route to work	Pay attention to an autopilot activity	Schedule 5 minutes of play into your day	Do a one-minute meditation
Go cloud-watching	Do a mini-declutter of your wardrobe	Unplug for an hour	Start a compliments file	Start a compliments file
Go outside and enjoy the sunshine	Give your body 10 minutes of attention	FREE	Look lovingly at yourself naked	Plan a week of healthy breakfasts
Treat yourself to a small luxury	Run or walk for 30 minutes	Get down and boogie to some music	Do some yoga and stretch	Make a connection with someone new
Sit quietly and feel your emotions	Breathe deeply into your belly and chest	Find 5 beautiful things	Write your thoughts in a journal	Spend an hour doing something just for you



Thank you

Thank you for allowing us to be part of your journey. We hope this self-care kit brings you moments of comfort, clarity, and connection—whenever you need them most. Remember: you're not alone, and you don't have to have it all figured out. We're here for you, every step of the way.

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