

## My Boundaries...

(Body, space, social, mental, emotional boundaries)

## How I care for myself...

(What my care looks like: things I do, think, feel, etc.)

THIS CARE BOOK

BELONGS TO:

## Things that are off-limits...

(Words, touching, contact, acts, etc.)

## How others can support my boundaries...

The Care Book is a tool to foster self-healing and strengthen communities of healing. In learning how to best care for one another, we can respect boundaries and provide the best support for those around us. This book can remain personal; it can be shared with partners, or those you trust. Add to it, draw on it, and feel with it – this is your space.

**\*kind**

[kindspace.ca/healing](https://kindspace.ca/healing)

When I am doing well...

What does it look like?

Physically:

How am I feeling?

Mentally:

Emotionally:

Spiritually:

When I am not doing well...

What does it look like?

Physically:

How am I feeling?

Mentally:

Emotionally:

Spiritually:

How others can care  
for me...

Emergency, crisis, or urgent  
care contact(s):

Allergies, other information: