

Self-Care Ideas

*Go for a walk * Take a bath * Meditate * Sing
* Read a good book * Light a candle * Breathe! *
Put on some good music and really let yourself listen!
* People-watch at the mall * Call a friend * Pray *
Compliment someone * Compliment yourself!
* Smile * Organize a small part of your living space *
Spend five minutes taking deep breaths * One more!
* Write in a journal * Pet a pet * Work in the garden *
Lean up against a tree; feel the strength and solidity
* Do a relaxation exercise * Smell a flower * Dance *
Tell yourself five great things about you! * Write a poem
* Scrunch your toes in the grass * Join a team * Take a nap *
Tell someone a knock-knock joke * Ride a bike
* Say “no” to something you don’t really want,
and say “yes” to something you DO want! *
* Think of three things you are grateful for * Swim *
Watch a river flow * Wake up early and watch a sunrise
* Remind yourself of a challenge you have overcome *
Sit in the sun * Splash in a puddle * Take a nap
* Call or write to someone you’ve been meaning to contact *
Put on some comfortable clothes * Unplug the phone
* Remind yourself of something you are proud of *
Forgive yourself for something * Smile at someone
* Sleep in * Look at old photographs * Draw a picture *
Stretch! * Plan a vacation * Enjoy a visualization exercise
* Stay up late and stare at the stars * Find a rainbow *
Cook a special meal * Visit someone who makes you happy
* Play a game * Watch a funny video * Ask for help **

What works for you?

Self Care for Everyone!

Self-care includes everything you do for yourself that makes you feel good, keeps you healthy, and encourages healing after stress or injury.

Self-care includes listening to yourself! **Self-care** means paying attention to your own thoughts, emotions, instincts, and needs.

Self-care is not selfish! You deserve to be cared for and treated well. It is not selfish to give yourself the good and gentle treatment you deserve! In addition, self-care is essential in order to be able to care for others; we cannot be there for others if we have completely exhausted ourselves!

Self-care is *proactive*—doing things to take care of yourself before you are exhausted, stressed out, or sick (like watering a plant before it starts to wilt).

Self care is also *reactive* – doing things to give yourself a break and help yourself heal if you do get exhausted, stressed out or sick.



WAYS I CAN CARE FOR MYSELF

Take a moment to jot down some ideas for self-care... and make self-care a daily practice!

Self-care when I am alone:

Self-care involving others:

“Quick Fixes” (Five-Minute Self-care):

Ways to calm myself when I am stressed, anxious, or upset:

Ways to console myself when I am sad, depressed, or hurt:

Totally Free Self Care:

Big Indulgences (when I can really treat myself!):

CUES that I need some CARE

Self-care is important at all times, but is especially important during times of stress. Paying attention to yourself will help you notice when you really need to slow down, stop, or take care of you. *What are your cues?*

Thoughts (or patterns of thinking) that tell me I need some care:

Emotions that tell me I need some care:

Physical sensations that tell me that stress levels are building:

Practical things I might notice when stress levels are building:
(e.g., I have less patience with others)

