



Who's in your
corner?

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it's not selfish to

Love Yourself,

TAKE CARE

of yourself

& to make your

HAPPINESS

a priority.

it's necessary

Self Care or Self Indulgent

the practice of taking action to preserve or improve one's own health.



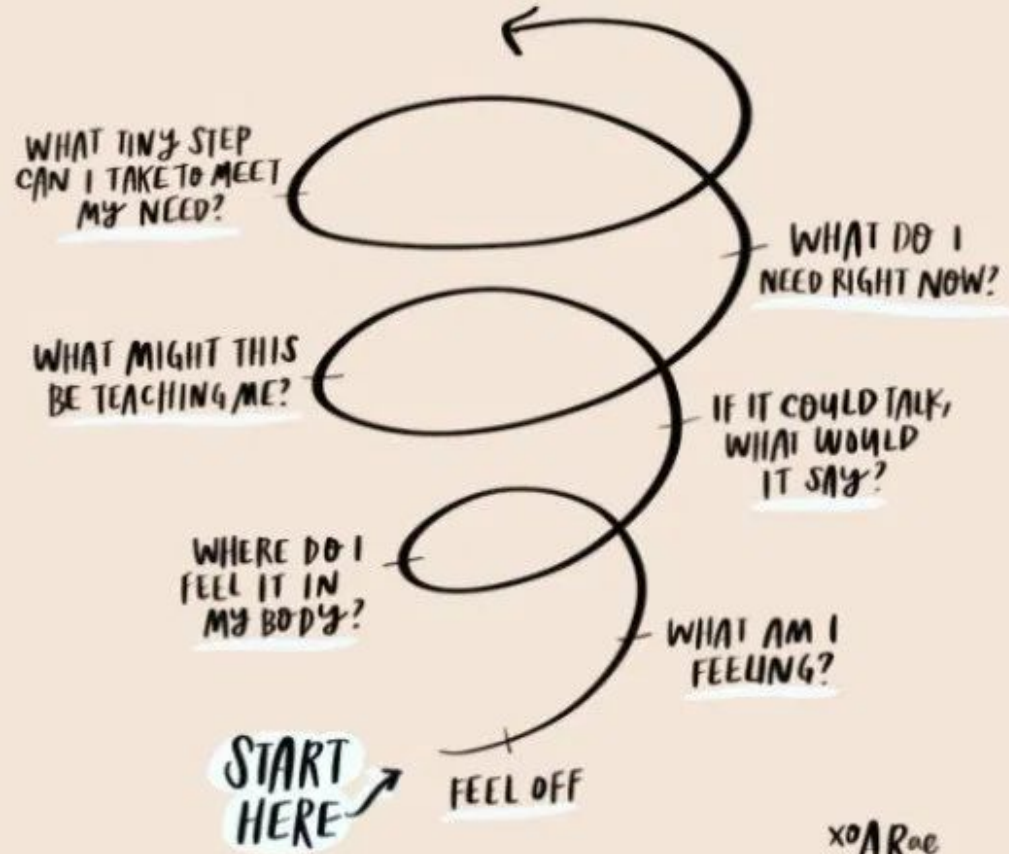
characterized by doing or tending to do exactly what one wants, especially when this involves pleasure or idleness.



5 Areas of Self Care



HOW TO GET OUT OF A FUNK



xoARae

Check in with Yourself



Before engaging in any self destructive behavior... ask yourself.

Are you:

Hungry

When did I last eat?

Is my hunger emotional or does my body need food?

If your body is asking for food, find something nutritious to snack on.

Angry

What's are you dealing with right now that is stressful? Is the stress what's making you angry?

Find out way you're angry and find ways to diffuse that anger.

Lonely

When is the last time you socialized?

Was it a positive or negative experience?

Reach out to your support system. Let them to help you.

Tired

Have I been getting enough rest and giving my body the breaks it needs?

How can you energize yourself? Take some time to yourself and relax.

Make YOUR list

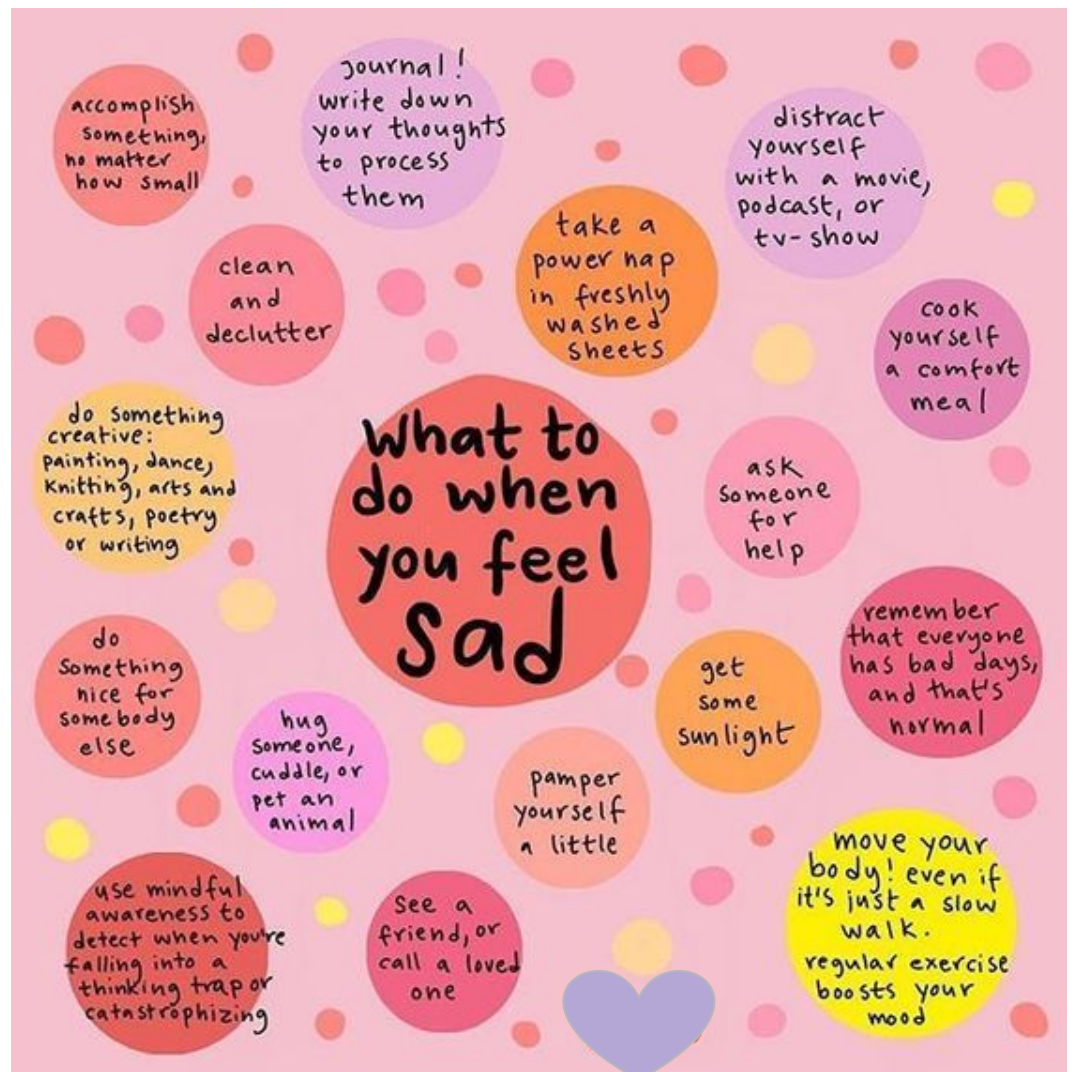
Mental

Physical

Emotional

Spiritual

Social



Break it down by time...

SELF CARE IDEAS

5 MINUTES

- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Txt someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- put on a face mask
- go for a walk
- Make a smoothie
- stretch
- have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies

YOUR THOUGHTS MATTER

INSTEAD OF:

TRY:


"I'M A MESS!" → "I'M HUMAN."

"I CAN'T DO THIS." → "I CAN DO HARD THINGS."

"I'M A FAILURE." → "I'M LEARNING."

"WHY IS THIS HAPPENING?" → "WHAT IS THIS TEACHING ME?"

WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is tough. But so am I.
2. I may not be able to control this situation. But I am in charge of how I respond.

3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. Breathe. And do the next right thing.

From Me to Me

Expert Advice

POSITIVE SELF-TALK JOURNAL



I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...

When you are overwhelmed

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



4 things
you can
touch



3 things
you can
hear



2 things
you can
smell



1 thing
you can
taste



Who do you need and when?

SUPPORT SYSTEM

Who can I call when...

I'm feeling lonely:

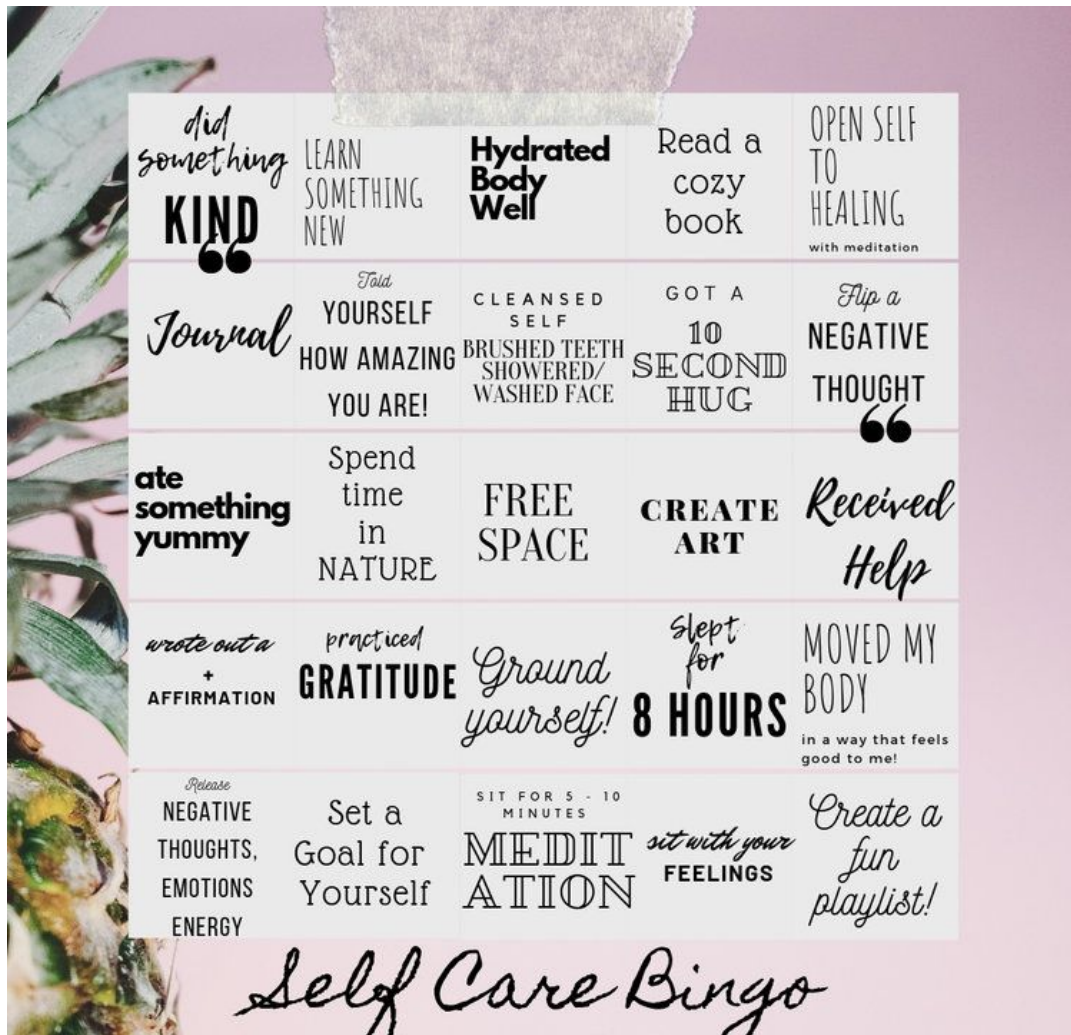
I need some company:

I need someone to talk to:

*I need someone to encourage me to get out of the house
and do something fun:*

*I need someone to remind me to follow my self care
plan:*

Other:



<i>did something</i> KIND “	LEARN SOMETHING NEW	Hydrated Body Well	Read a cozy book	OPEN SELF TO HEALING <small>with meditation</small>
<i>Journal</i>	<i>Told</i> YOURSELF HOW AMAZING YOU ARE!	CLEANSED SELF BRUSHED TEETH SHOWERED/ WASHED FACE	GOT A 10 SECOND HUG	<i>Flip a</i> NEGATIVE THOUGHT ”
ate something yummy	Spend time in NATURE	FREE SPACE	CREATE ART	<i>Received</i> <i>Help</i>
<i>wrote out a</i> + AFFIRMATION	<i>practiced</i> GRATITUDE	<i>Ground yourself!</i>	<i>slept for</i> 8 HOURS	MOVED MY BODY <small>in a way that feels good to me!</small>
<i>Release</i> NEGATIVE THOUGHTS, EMOTIONS ENERGY	Set a Goal for Yourself	SIT FOR 5 - 10 MINUTES MEDIT ATION	<i>sit with your</i> FEELINGS	<i>Create a fun playlist!</i>

Self Care Bingo

My challenge to is:

1. Print these slides from the link
2. Make a list of what works for you, right now.
3. Find 2 NEW things to try in each category.
4. Fill in the worksheet that lists who your go-to people are.
5. Practice the grounding exercises when you are overwhelmed so you can get back to the things you like to do.
6. Make a weekly plan that involves 2 things from each category.

YOU are WORTH it!

MOTIVATION
is what gets you started

HABIT

IS WHAT KEEPS YOU GOING.

21 Days to MAKE A HABIT