

Self-Care



CREATE ART

Make something that expresses how you feel. This can help process deep emotions that are hard to put to words. Draw a picture, paint a canvas, write a song, mold clay, create pottery. Allow your creativity to explore different arts.



GO FOR A WALK

Move your body in a way that makes you feel good. Notice your surroundings and how the movement makes you feel.



CALL A FRIEND

Connect with someone you love
and care about. Talk about things
that make you smile and laugh.



COOK YOUR FAVORITE MEAL

Activate all your senses by smelling the aromas, feeling the texture of the utensils, seeing the ingredients mix together, tasting the flavors, and hearing the sound of dishes.



TRY SOMETHING NEW

Think of something that you have never done but have always wanted to do. Allow yourself to get outside of your comfort zone by trying something new. Push yourself to learn or a new skill or go to a new place.



TAKE A SHOWER

Taking care of your physical health can positively influence your mental health. Take a shower or a bath and feel the water on your skin. You can do a face mask, brush your teeth, and put on some comfortable pajamas too!



GO OUTSIDE

Feel the sun on your skin or the rain fall on your face. Notice the light and how it shines through the clouds onto the ground. Smell the trees and flowers. Play with the grass and dirt while grounding yourself in nature.



START A JOURNAL

Find a pen and paper and just write. Let your words fall out onto the pages. You can keep the journal to reflect on or you can throw it away. Sometimes it just helps to say everything we feel and think with no filter.



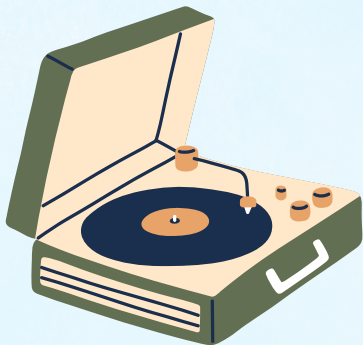
READ YOUR FAVORITE BOOK

Find a comfy chair and get lost in the pages of a story. Read your favorite romance or fantasy novel. Learn about your favorite history period or public figure. Pick up a self-help book and learn new ways to take care of yourself.



LISTEN TO MUSIC

Put on your favorite song and dance to the beat of the music. Explore new genres like pop, hip-hop, jazz, classical, country, R&B, alternative, indie, and more. There are so many artists whose music connects us to ourselves and to those around us.



TAKE A NAP

Rest. Put on some comfortable clothes, grab a cozy blanket, and close your eyes. Taking a nap gives our body a chance to slow down and start fresh when we wake up.



PLAN A TRIP

Think of a place you have always wanted to visit. It can be local or far away. Start planning a time when you can take the trip alone or go with someone you love. This can give a sense of hope and something to look forward to.



HANG OUT WITH FRIENDS

Surround yourself with people who love and care about you. Spend time talking about things that bring you joy. Talk about good memories of the past and fun plans for the future. Connecting with other people makes us feel less alone.



CLEAN YOUR ROOM

Make your bed, pick up your clothes, do a load of laundry, or redecorate. Allow yourself to take care of your personal space. Create a room where you feel safe and comfortable.



MOVE YOUR BODY

Go for a walk or a run. Practice yoga or mindful meditation. Try a new sport or fitness program. Move your body in a way that feels comfortable to you.

