

selfCARE STRATEGIES

distraction

absorb your mind in something else



MAKE STUFF & GET **CREATIVE**

WATCH A MOVIE / SHOW

LISTEN TO MUSIC

TALK TO A FRIEND

MAKE A **TO-DO LIST**

things to consider

- for short term relief
- break from heart & mind
- gets you through crisis
- doesn't address underlying issues
- unsustainable strategy for long periods of time

grounding

get out of your head and tap into your physical senses



FOCUS ON YOUR SURROUNDINGS

NOTICE THE **TEMPERATURE**

SIP ON A HOT/COLD DRINK

SPLASH YOURSELF WITH COLD WATER

PRACTICE GUIDED VISUALIZATION

things to consider

- reduces physicality of anxiety and strong emotions
- slows disassociation (feeling numb, floaty, disconnected)
- sometimes it is best to stay a bit disassociated

emotional release

give yourself space to let it all out



CRUMPLE PAPERS

SING & DANCE LOUDLY

TRY OUT **BOXING**

GO OUTDOORS & GET ACTIVE

things to consider

- best for anger & fear
- releases pressure and overwhelming emotion
- difficult to do for every life situation
- not sustainable for long periods of time

self-love

become your own best friend



IT'S OKAY TO SAY **NO**

TAKE A REFRESHING SHOWER

ORDER TAKE-OUT

QUIET YOUR INNER CRITIC

DECLUTTER YOUR MIND & LIFE

TREAT YOURSELF

things to consider

- build an inner support system
- self-compassion leads to an increased resilience and decreased stress.
- very difficult to achieve
- may at times feel superficial

thought challenge

take some time to think about it



WRITE DOWN ALL YOUR NEGATIVE THOUGHTS



IMAGINE THEY WERE WRITTEN BY SOMEONE YOU CARED FOR



HOW WOULD YOU FEEL OR REACT? WHAT WOULD YOU SAY TO THEM?

things to consider

- may help shift long-term negative thinking habits
- thinking logically can help reduce extreme emotion
- this is harder to do when facing stronger emotions
- difficult to practice when addressing guilt and/or shame

life purpose

tap into what nurtures your soul



CONNECT WITH FRIENDS & FAMILY

SEE THE WORLD



PRAY

RANDOM ACTS OF KINDNESS

SHARE PEACE & POSITIVITY

BUILD CONNECTIONS

things to consider

- reminder that everyone is valuable
- life purpose can be found in many different ways
- may get stuck on focusing on saving everyone else
- never lose sight of your own importance