selfCARE STRATEGIES



distraction grounding absorb your mind in something else

emotional release

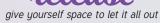
self-love become uour own best friend



tap into what nurtures your soul







LAUGH &

CRY IT OUT

PAPERS

SING 🎮



CRUMPLE

& DANCF LOUDLY

TRY OUT

BOXING

SCREAM

&SHOUT





SAY NO STOP

TAKE A REFRESHING SHOWER

ORDER TAKE-OUT

QUIET YOURINNER CRITIC

DECLUTTER YOUR ____

MIND & LIFE !!!

TREAT YOURSELF

IT'S OKAY TO







IMAGINE THEY WERE WRITTEN BY SOMEONE YOU CARED FOR



HOW WOULD YOU FEELOR REACT? WHAT WOULD YOU SAY TO THEM?













things to consider 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













READ

&I FARN







things to consider things to consider

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



FOCUS ON YOUR SURROUNDINGS









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

GET ACTIVE

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

