



## **Self-Care Tips**

### **Sensory**

- ☐ Breathe in fresh air
- ☐ Snuggle under a cozy blanket
- ☐ Take a hot shower or a warm bath.
- ☐ Cuddle with a pet.
- ☐ Get a massage.
- ☐ Pay attention to your breathing.
- ☐ Burn a scented candle.
- ☐ Lie down where the afternoon sun streams in a window.
- ☐ Listen to calming music.

### **Physical**

- ☐ Try yoga.
- ☐ Go for a walk or a run.
- ☐ Dance.
- ☐ Stretch.
- ☐ Go for a bike ride.
- ☐ Do not skip sleep to get things done.
- ☐ Take a nap.

### **Mental**

- ☐ Take action (one small step) on something you've been avoiding.
- ☐ Try a new activity. Drive to a new place.
- ☐ Make a list.
- ☐ Immerse yourself in a crossword puzzle or Sudoku.
- ☐ Do a word search.
- ☐ Read something on a topic you wouldn't normally.
- ☐ Clean out a junk drawer or closet.

### **Pleasure**

- ☐ Take yourself out to eat.
- ☐ Be a tourist in your own city.
- ☐ Garden.
- ☐ Watch a movie.
- ☐ Make art. Do a craft project.
- ☐ Journal.
- ☐ Go for a photo walk.

### **Emotional**

- ☐ Accept your feelings. They are all ok. Really.
- ☐ Write your feelings down.
- ☐ Cry when you need to.
- ☐ Laugh when you can.
- ☐ Practice self-compassion.

### **Spiritual**

- ☐ Attend church.
- ☐ Read poetry or inspiring quotes.
- ☐ Light a candle.
- ☐ Meditate.
- ☐ Write in a journal.
- ☐ Spend time in nature.
- ☐ Pray.
- ☐ List five things you are grateful for.

### **Social**

- ☐ Go on a lunch date with a good friend.
- ☐ Calling a friend on the phone.
- ☐ Participating in a book club.
- ☐ Joining a support group.