

IT'S

ask for help

feel anxious

talk about it

OK

not talk about it

have a cry

say no

TO

not know everything

think about yourself

have boundaries

make mistakes

CALMING SKILLS

Breathe

Grounding Techniques

Mindfulness

Affirmations

Challenge Negative Thoughts

Visualization

Yoga

Connection

HOW TO SOOTHE YOURSELF

Try a breathing exercise

Wrap yourself in a comfortable blanket

Visualize a calm place or memory

Create doodles of abstract shapes

Let yourself cry if you want to

Put on clean, comfortable clothes

Stand up, dance and shake your body

Lay down and stretch your body

Wrap your arms around yourself for a hug

Drink something delicious and warm



Set some time aside each day and devote it to self-care. Then notice the difference this practice makes to your life.

HOW TO SOOTHE YOURSELF

Wrap your
arms around
yourself and
give yourself
a hug

Draw
or
doodle

Count
backwards
from 100 in
6s

Stand up
and stretch
your body

If you feel
like it, have
a good cry

Watch
something
funny

Go for a
walk in
nature

Put on
comfortabl
e clothes

Focus on
taking
deep belly
breaths

Listen to
calming
music

POSITIVE SELF TALK

I love
myself
for who
I am

I
deserve
love and
respect

My
feelings
are
important

I am in
charge of
my
choices

I can ask
for help
if I need
it

I feel
grateful
for what
I have

I'm thankful
for my body
& what it
does for me

It's OK
for me
to say
no

I am
capable of
incredible
things

POSITIVE AFFIRMATION STATEMENTS



Positive affirmation statements can help you overcome negative thoughts. When you say them with feeling and truly believe in them, you can start to make positive changes. To get started, note down any recurring negative thoughts you have. Now choose an affirmation that is the opposite of that thought.

I don't need to be perfect to be worthy of love.

I have people who love and respect me.

I deserve to be appreciated.

I have everything I need to succeed.

I have valuable skills to share.

I am growing and learning every day.

I am Kind and take care of others.

I have prepared well and I can give a great presentation

I am really excited to take on new challenges.

CALMING TECHNIQUES

BREATHING TECHNIQUES

Focusing on your breathing can help to calm your mind and body.

PROGRESSIVE MUSCULAR RELAXATION (PMR)

Working systematically around the body, tense muscles on the in-breath and release on the outbreath.

LARGE BILATERAL MOTOR MOVEMENTS

Open up your body, utilising both sides of the body helps to integrate the the rights side and left side of your brain. Consider crossing midline, using figure of 8 etc.

USING A BALL

Using a stress or squeeze ball, throwing a yoga ball against the wall, kicking or bouncing a ball are all great techniques to calm your mind.

54321

5 things you can see; 4 you can feel; 3 you can hear; 2 you can smell and 1 you can taste.

USE A WEIGHTED BLANKET

The deep pressure stimulation of the body can increase the release of the feel good neurotransmitter serotonin in the brain.

VISUALISATION

Imagine going to a place you love, such a beach or a meadow.

TRACING AND BREATHING

Draw a shape on a piece of paper. As you breathe slowly in and out continue to trace the shape without lifting the pencil from the paper.

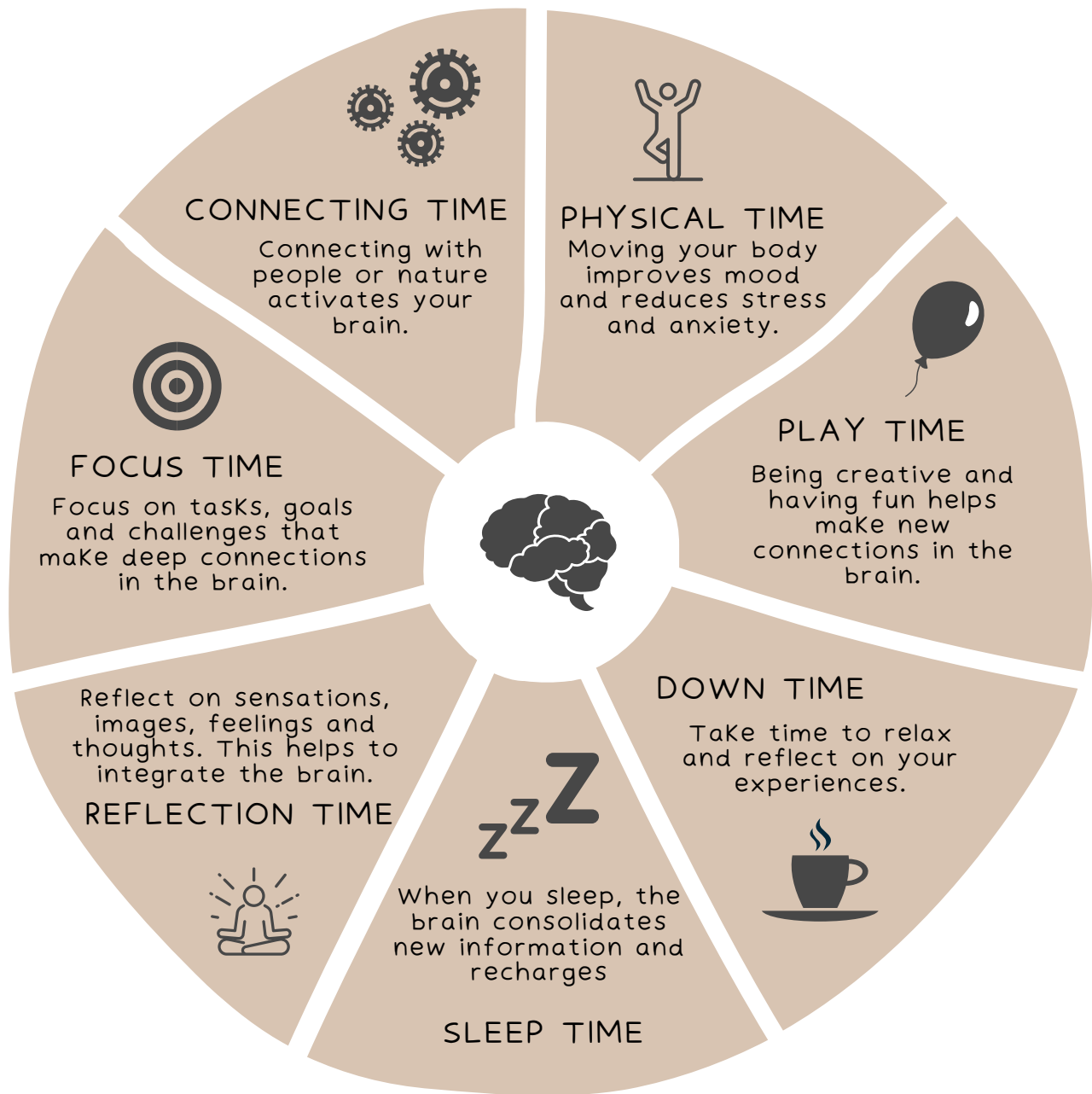
DOING EXERCISE

Exercise reduces adrenaline and cortisol (stress hormones) and increases the feel-good hormones.

WARM WATER

Taking a bath, going for a swim or relaxing in a hot tub.

THE HEALTHY MIND PLATTER



Source: D. Rock and D. Siegel,
2011

MENTAL HEALTH CHECK IN

How are you feeling today, physically and mentally?

Is there anything worrying you today?

How have you been sleeping?

What makes you feel grateful today?

What exercise have you done recently?

What is your water intake and what was your last meal?

What have you done that made you feel good today?

What can you do today that's good for you?

What are you looking forward to today?

What is something you'll do with a friend today?

SELF-CARE CHEAT SHEET

5

MINUTES

Deep breathing
Paint your nails
Read a magazine
Sit in the sun
Do nothing
Lie down
Have a shower
Breathe deeply

10

MINUTES

Go for a walk
Read a chapter of a book
Meditate
Write in your journal
Write 5 things you're grateful for
Get down and boogie
Go cloud watching
Eat a healthy snack

30

MINUTES

Do some yoga
Have a bath
Meditate
Go for a walk
Call a friend
Listen to some music
Watch a TV show
Watch a documentary

60

MINUTES

Go for a run
Go for a coffee with a friend
Go out for lunch
Take a nap
Go to the gym
Go for a swim
Unplug from technology
Do a declutter

SELF-CARE IDEAS

MIND

Unplug for an hour.
Go cloud-watching. Lie on your back, relax, and watch the sky.
Plan in 5 minutes of play.
Do a one-minute meditation with awareness of your feelings.

BODY

Breathe deeply & puff out your chest.
Put on some music and dance.
Do some yoga.
Run or walk for a few minutes.
Look lovingly at yourself naked.

SOUL

Find 5 beautiful things on your way to work.
Check in with your emotions. Sit quietly and name what you're feeling.
Write out your thoughts in a journal.
Choose 5 which make you feel grateful.
Have a conversation with someone new.

TYPES OF SELF-CARE

PHYSICAL SELF-CARE

Taking care of our physical fitness and our bodies is a major part of self-care. This should be something you enjoy and look forward to such as going for a bike ride, eating healthily or exercising at the gym.

EMOTIONAL SELF-CARE

Emotional self-care is about being in tune with your emotions. It involves learning about your triggers; recognizing emotions when they arise and knowing ways to cope with them.

SOCIAL SELF-CARE

Social self-care means making connections with others such as spending time with family and friends, having conversations with people and engaging in activities with others.

INTELLECTUAL SELF-CARE

Intellectual self-care means doing something that challenges your mind and grows your knowledge. Learning something new, reading or watching a documentary can all be forms of intellectual self-care.

SENSORY SELF-CARE

Sensory self-care involves using your senses to nourish your mind and body and reduce stress. Examples are listening to music, lighting a scented candle, or eating a delicious treat.

SPIRITUAL SELF-CARE

Spiritual self-care involves nourishing your soul and is not necessarily religious. It is about maintaining an inner peace and finding purpose and meaning in your life.

MY SELF CARE ROUTINE

MORNING

gratitude
affirmations
journal writing
shower
breakfast

DAILY

one task at a time
be present and mindful
drink water
eat healthily
exercise

NIGHT

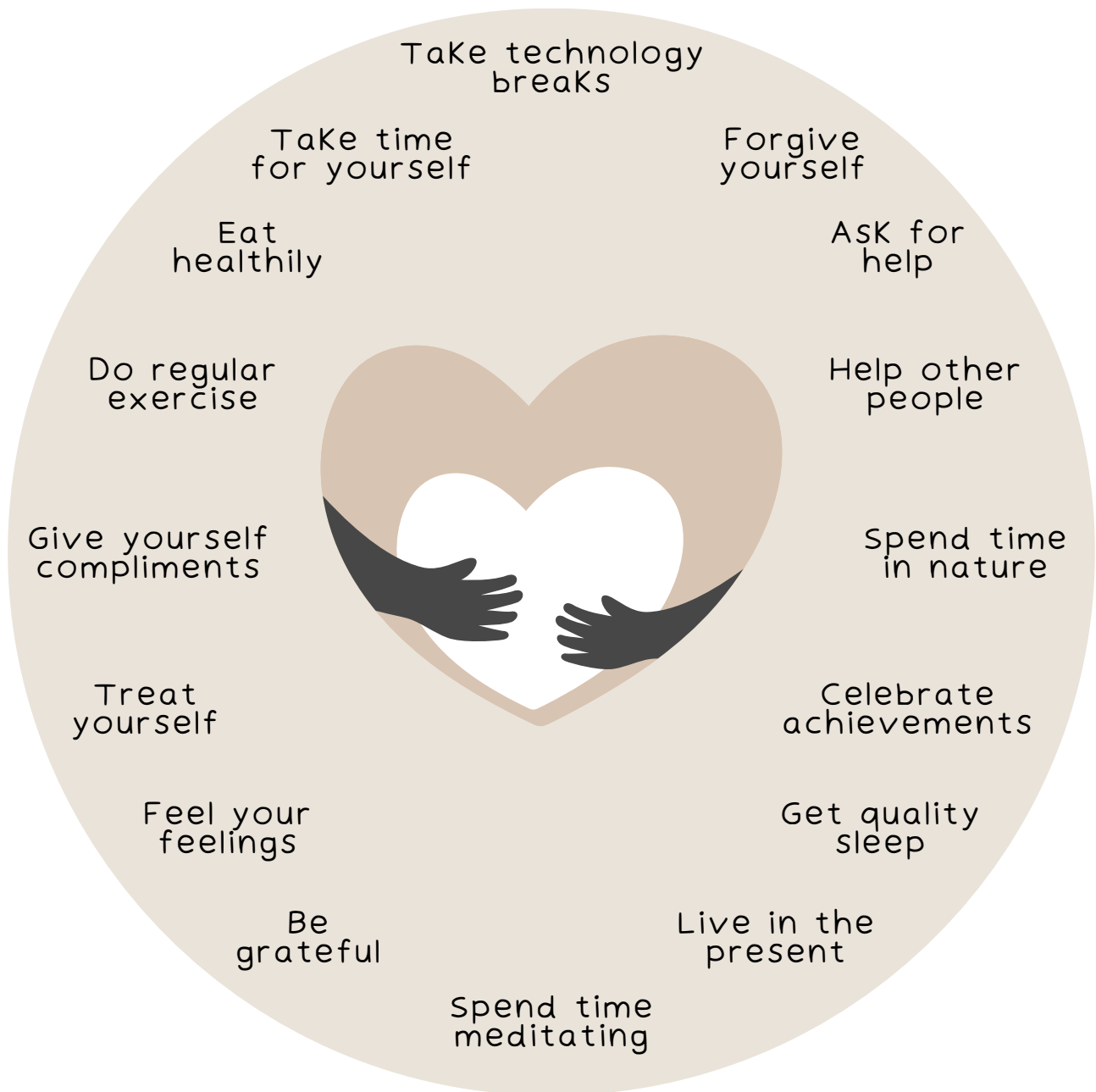
skin care routine
warm bath or shower
gratitude
limit screen time

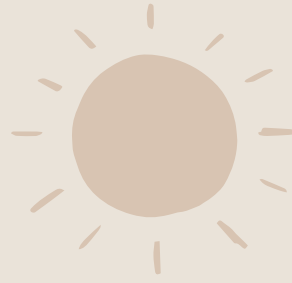
COPING STRATEGIES

stretching or
yoga
meditation
listen to music

do something
creative
read a book
go for a walk outside

HOW TO BE KIND TO YOURSELF





SELF-CARE MENU

Deep belly breathing	5 mins
3 things for which you're grateful	5 mins
Take a warm bath or shower	5 mins
Have some quiet time	10 mins
Tidy your space	10 mins
Get active - dance, run, walk	20 mins
Do something creative	30 mins
Stretch or do yoga	30 mins
Listen to music	30 mins
Put your phone down	60 mins
Take a nap	60 mins
Go outside for fresh air	60 mins

SELF-CARE CHECK-IN

How am I feeling?

What are my needs right now?

What makes me grateful today?

What do I want to accomplish today?

What actions can I take to feel good?

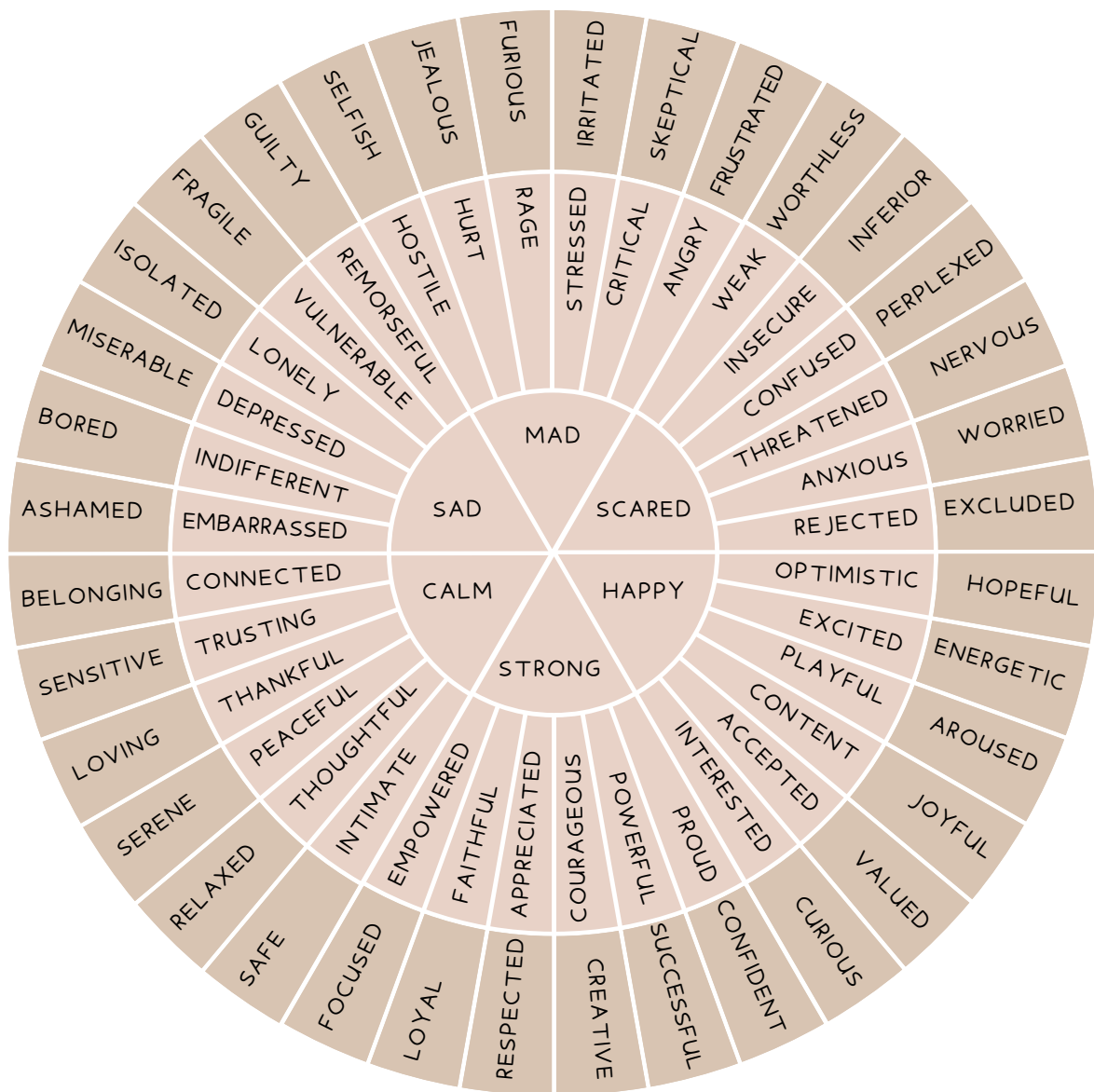
What negativity can I cut from my day?

60 IDEAS FOR SELF-CARE

- buy a gift
- breathe deeply
- use your senses
- aromatherapy
- have sex
- remember your why
- use an affirmation
- forgive yourself
- go for a picnic
- go wild swimming
- stroke a pet
- bake a cake
- create something
- do a hobby
- exercise
- go on mini vacation
- eat healthily
- read a book
- get enough sleep
- take naps
- learn something new
- brush teeth
- take a bath
- shower
- go to the dentist
- go to the optician
- do puzzles
- go to the doctor
- get some sunshine
- deep breathing
- watch sunsets
- laugh and cry
- take a walk
- make a gratitude list
- medical health
- stretch
- meditate
- do yoga
- draw
- play a game
- listen to music
- write in a journal
- sing a song
- dance
- play an instrument
- exercise
- make plans with a friend
- meet someone new
- watch a movie
- spend time in nature
- ask for help
- try a new recipe
- talk about your feelings
- self-reflection
- talk with a therapist
- visit a gallery
- take time off
- volunteer
- travel
- drink water

THE EMOTIONS WHEEL

Robert Plutchik



MASLOW'S HIERARCHY OF NEEDS

