























Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Self-care is important to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem.

PRACTICE SELF CARE

Circle the self care activity that you would be most likely to enjoy doing. Fill in your own self care activities in the empty spaces below:

 Connect Digitally	 Listen to Music	 Arts & Crafts	 Have a Daily Routine	 Learn Something New
 Stay Active	 Watch a Movie	 Take an Online Course	 Meditation / Breathing Exercise	 Send a Letter or Message to Someone You Can't Be With
 Read a Book	 Baking	 Play Board Games	 Proper Rest & Sleep	 List 10 Things You Are Grateful For in Life
 Write a Journal Entry	 Painting	 Eat Healthy	 Avoid Substance Abuse	 Do 3 Acts of Kindness

Useful Links to help with Self Care:

www.cratejoy.com

www.bananatreeblog.com

www.youngminds.org.uk

www.themix.org.uk

www.psychologytoday.com