Ways to Practice Self-Care

Mental Self-Care
- Read a book
- Listen to music
- Play a video game
- Learn words in a new language
- Take a screen break for an hour / 30 minutes
- Create a google doc with all your ideas/goals
- Create a vision board

Social Self-Care
- Spend time with a loved one
- Spend time with family
- Reconnect with an old friend
- Host a party
- Call a friend
- Join a group (person or on social media)
- Therapy

Sensory Self-Care
- Play with a stress ball
- Pet a dog / go to the doggy park
- Scented candles
- Bubble bath / bath bombs
- Use a heated/ weighted blanket
- Get a massage

Physical Self-Care
- Going for a walk
- Yoga
- Exercising
- Eating more fruits & veggies
- Dancing your favorite song
- Drink a glass of water
- Stretch your body
- Take a nap

Emotional Self-Care
- Being more aware of what triggers negative emotions
- Journaling
- Painting or Coloring
- Writing
- Watch your favorite movie
- Say positive affirmation to yourself in the mirror
- Practice gratitude

Spiritual Self-Care
- Mindfulness Meditation
- Go for a walk and be more aware of your surroundings
- Guided imagery
- Spend more time in nature
- Volunteer or donate
- Breathing exercises
- Body scans through meditation
Self-Care & Mental Health for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Focus on articulating feelings. "I am angry." "I am sad."
- Encourage journaling and diaries.
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- Cultivate interests and hobbies.

TO-DO LIST

☐ Protect your boundaries
☐ Be kind to yourself
☐ Meet your needs
☐ Practice self-care
☐ Let go of what you can’t control
☐ Focus on mental health

For more visit @BlessingManifesting
IT'S OK TO CRY

YOU MATTER

BAD DAYS HAPPEN

THINGS TO REMEMBER

YOU ARE ENOUGH

IT'S OK TO ASK FOR HELP

YOU'RE NOT ALONE

@LAURAJANEILLUSTRATIONS