

# 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

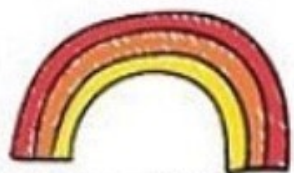
- Being more aware of what triggers negative emotions
- Journaling
- Painting or Coloring
- Writing
- Watch your favorite movie
- Say positive affirmation to yourself in the mirror
- Practice gratitude

## Spiritual Self-Care

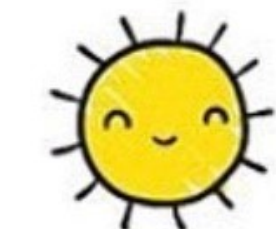
- Mindfulness Meditation
- Go for a walk and be more aware of your surroundings
- Guided imagery
- Spend more time in nature
- Volunteer or donate
- Breathing exercises
- Body scans through meditation



# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

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