

Self care? Who me? (Yes, you) Well, maybe I could...

- stretch or practice yoga
- take a nap
- go for a walk or run in nature
- read positive, motivational books
- take at least thirty minutes alone time per day
- watch a funny video online
- watch or play sport
- have fun playing a game or doing a puzzle
- find a special, quiet place and make it your own
- eat healthy
- be creative.... sing, dance, paint or write
- do something you've never done before
- plant a garden or pick fresh flowers
- keep a diary or journal
- enjoy time with children
- listen to your favourite music
- share a hug
- lie on the grass...or the carpet.... and stretch out
- reflect on your positive qualities: "I am..."
- watch the sunrise or the sunset
- do something adventurous
- sing, hum or whistle
- play an instrument
- learn a new skill
- bake (or buy and eat) favourite treats
- swim, float, wade, relax in a pool, or on the beach
- visit a special place you enjoy
- enjoy a glass of your favourite beverage
- reflect on what you're thankful for...
- play things that you did as a child
- star gaze
- attend an interesting workshop
- reward yourself with a special gift you can afford
- practice positive affirmations – I can...I am...
- spend time with an animal
- watch your favourite TV show or DVD
- reflect on: "who values me in life...?"
- phone a friend
- go on a picnic
- start a new hobby
- meet with good friends
- cry if you need to
- laugh as much as possible
- reread a favourite book – or treat yourself to a new one
- make a list of your strengths, talents and abilities without holding back
- spend time with people who are affirming, optimistic, positive and replenishing

The right help at the right time in the right way