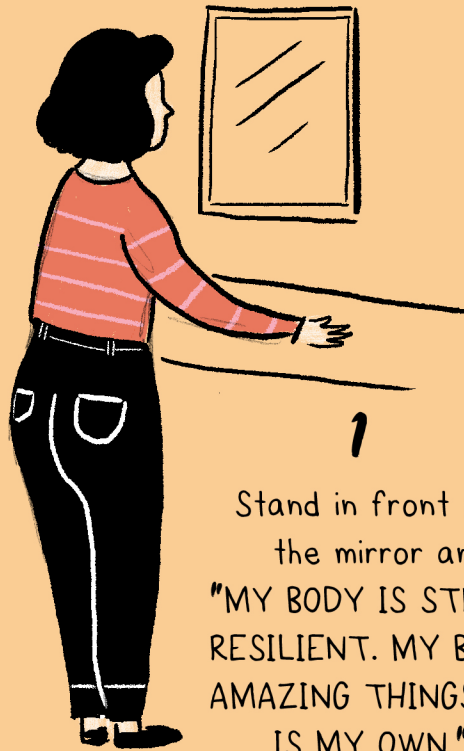


My Self-care List

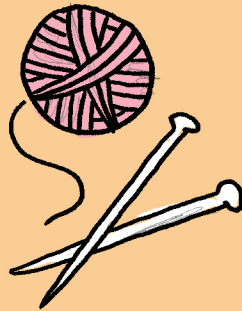


1

Stand in front of the mirror and say, "MY BODY IS STRONG AND RESILIENT. MY BODY CAN DO AMAZING THINGS. MY BODY IS MY OWN."

2

Learn how to knit, crochet, cross stitch or draw mandalas. It's really calming to concentrate on one thing and use your hands.



3

Put on a crazy and colourful outfit and strut around acting confident; until you actually start feeling that way!

4

Go outside and connect with nature. Find a nice tree to sit under or lie on some grass and feel the blades of grass on your skin.



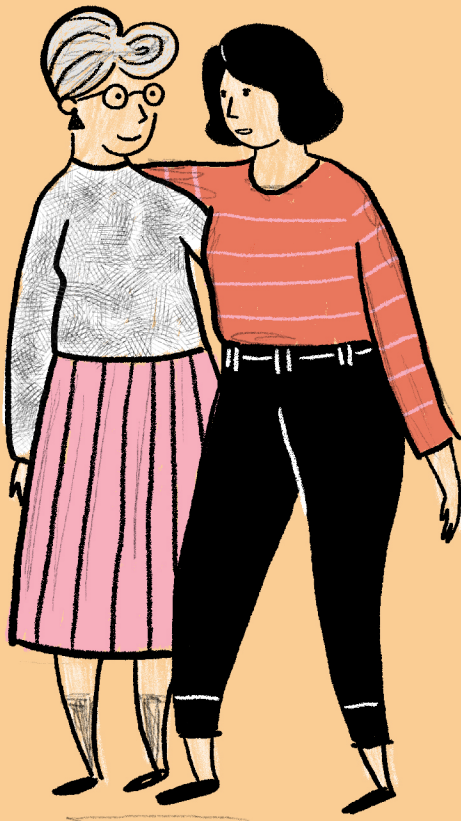
5

Write down three things you are truly grateful for.



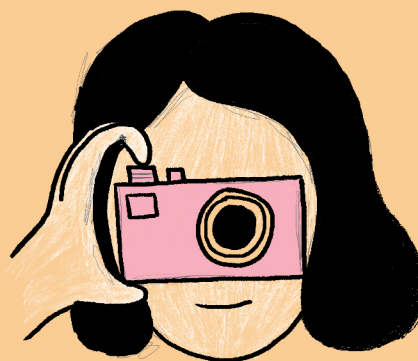
7

Put on your favourite tunes REALLY LOUD and dance crazily just for you! You will find a smile creeping onto your face. You won't be able to stop it!



6

Help a friend or family member. It can be a relief to get out of your own head and help others. It will make you feel really good to do something for someone else.



9

Try taking photos of things around your house. Looking at life through a camera lens can help you see things differently, and it's a great way to be creative.

8

Do some slow stretching in a quiet place; this will help you feel more at home in your body. If you wanted to you could try doing some yoga. There are lots of free videos online to help you get started.



10

Search for positive quotes until you find one that has meaning for you. Print it off or write it down, and keep it with you. Look at it when you're feeling down.

