

6 POWERFUL WAYS TO TAKE CARE OF ME

Sensory

Lay down, close my eyes, listen to music

Walk on the beach, listen to seagulls & crashing waves, feel & smell the ocean air

Curl up under a warm blanket, sip my favorite tea & eat chocolate

Emotional

Spend time with a good friend with whom I can talk to honestly

Write in a journal or sing a song to express myself

Laugh (watch a funny show or movie) and cry (grieve when needed)

Spiritual

Practice meditation, mindfulness, prayer

Make a list of 10 things for which I am grateful

Read poetry or create something—art, music, writing

Physical

Take a walk, go cycling, swim in the ocean, dance

Workout at a gym and adjust my eating habits (more water, fruits, veggies)

Take an afternoon nap, go to bed early (get 8 hours of sleep)

Take a bath, get a massage

Social

Join a club, meet new people

Plan a coffee date or invite friends for dinner

Write an email or send a letter to a friend with whom I've lost touch

Mental

Read a book or watch a movie that stimulates and inspires me

Join a club and learn a new skill or hobby

Do a challenging puzzle or learn a new language