

Self Care

FOR DEPRESSING DAYS

1. Wash your face and ground yourself. Feel the water and describe it using your senses.

2. List three things you are grateful for. Gratitude often changes our perspective.

3. Stretch your body. While you may not feel like exercising, stretching can provide you energy on a day you are drained.

4. Drink water. Feed your body healthy food.

5. Light a candle or diffuse essential oils. This helps awaken the senses.

6. Stroke an animal, soft blanket, rough tree bark, etc. Ground yourself using your senses.



Self Care

FOR AMAZING DAYS

1. Take a walk on a trail or at a park. Take a class at the gym or go for a swim.

2. Complete a random act of kindness for someone else.

3. Take your kids on a fun outing or treat yourself to something fun outside your house.

4. Drink water. Feed your body healthy food. Bake a sweet for a special treat.

5. Write some affirmations for yourself. You may refer back to these on a difficult day.

6. Create, declutter, work in flower beds, etc. Do something productive that makes you smile.

