



Self-Care Research-Based Ideas:

- 1) Going outside (looking, eating, sitting, playing)
- 2) Moving the body (dancing at home, exercise class, gardening, cleaning, cooking, lifting things)
- 3) Taking breaks to stand and stretch
- 4) Doing nothing for ____ minutes
- 5) Receiving massage, acupuncture, physical therapy
- 6) Meditating or praying
- 7) Stretching or yoga
- 8) Cooking
- 9) Seeing friends, family, or new groups
- 10) Hugging, cuddling, making love (alone or together)
- 11) Eating breakfast
- 12) Writing down 5 things I'm grateful for
- 13) Volunteering
- 14) Appreciating myself
- 15) Saying thank you

I'd like to play with number ____ for ____ minutes ____ times per week.
 I'd like to play with number ____ for ____ minutes ____ times per week.
 I'd like to play with number ____ for ____ minutes ____ times per week.

Date _____

Name _____