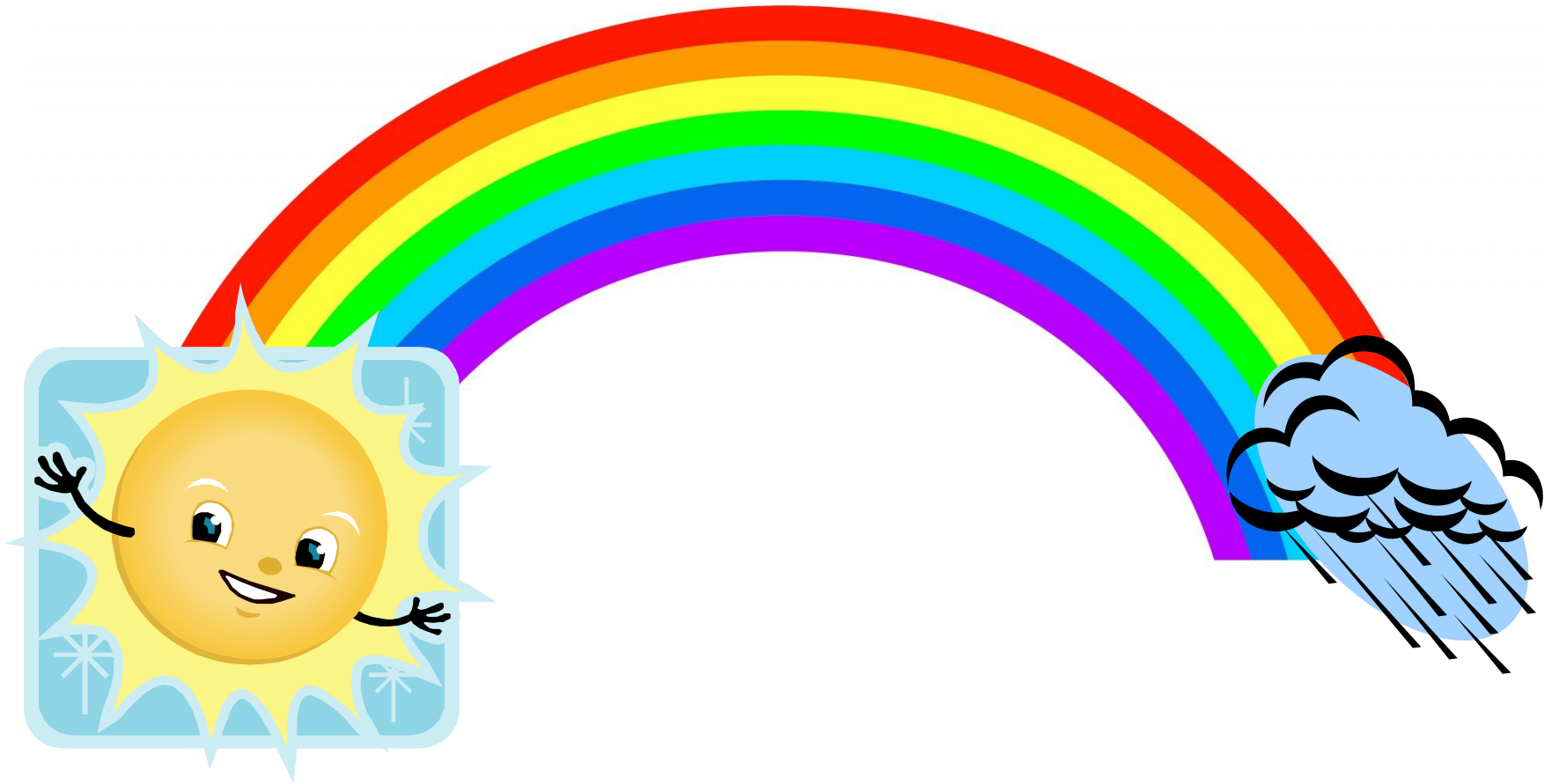
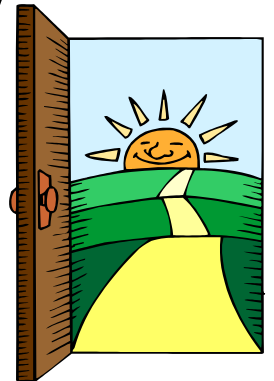


Self care



What we are going to think about

1. Why we need self-care
2. What may get in the way
3. Practical ideas



What do we tell ourselves about self-care?

I'm too tired

I'm not important

It's pointless

I haven't got time

I don't know how



Some Practical Tips

I can...
I will
I am

Positive intentions

Positive actions

Positive connections



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GROUNDING WITH YOUR FIVE SENSES

What are

Ideas

5

THINGS YOU CAN SEE



SUN
PICTURE ON THE WALL
PEOPLE WALKING

4

THINGS YOU CAN FEEL



WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU CAN HEAR



BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2

THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1

THING YOU CAN TASTE

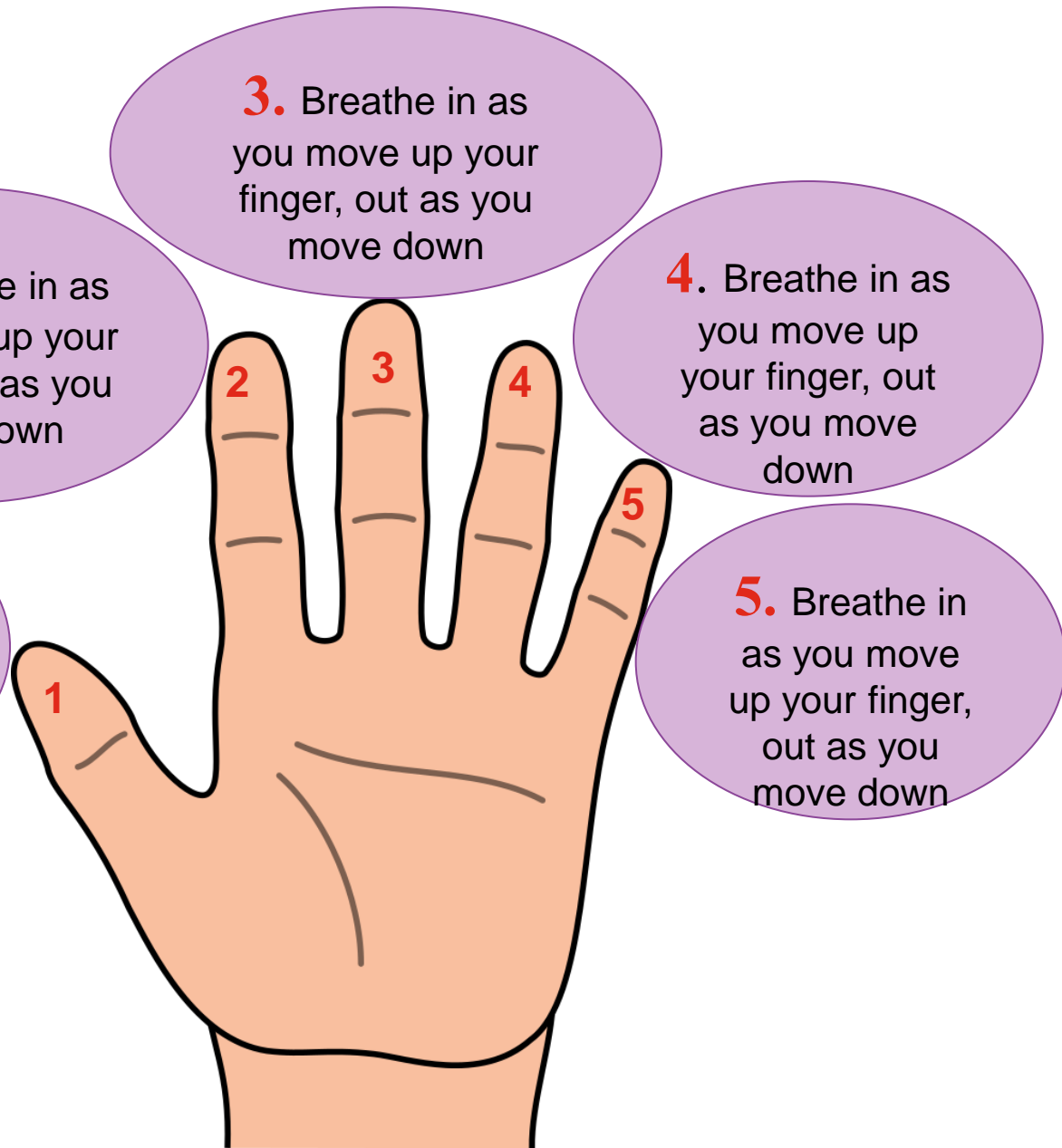


MINT
Breakfast
TOOTHPASTE

PROMOTING EMOTIONAL WELLBEING

H
I
G
H

F
I
V
E



1. Breathe in as you move up your thumb, out as you move down

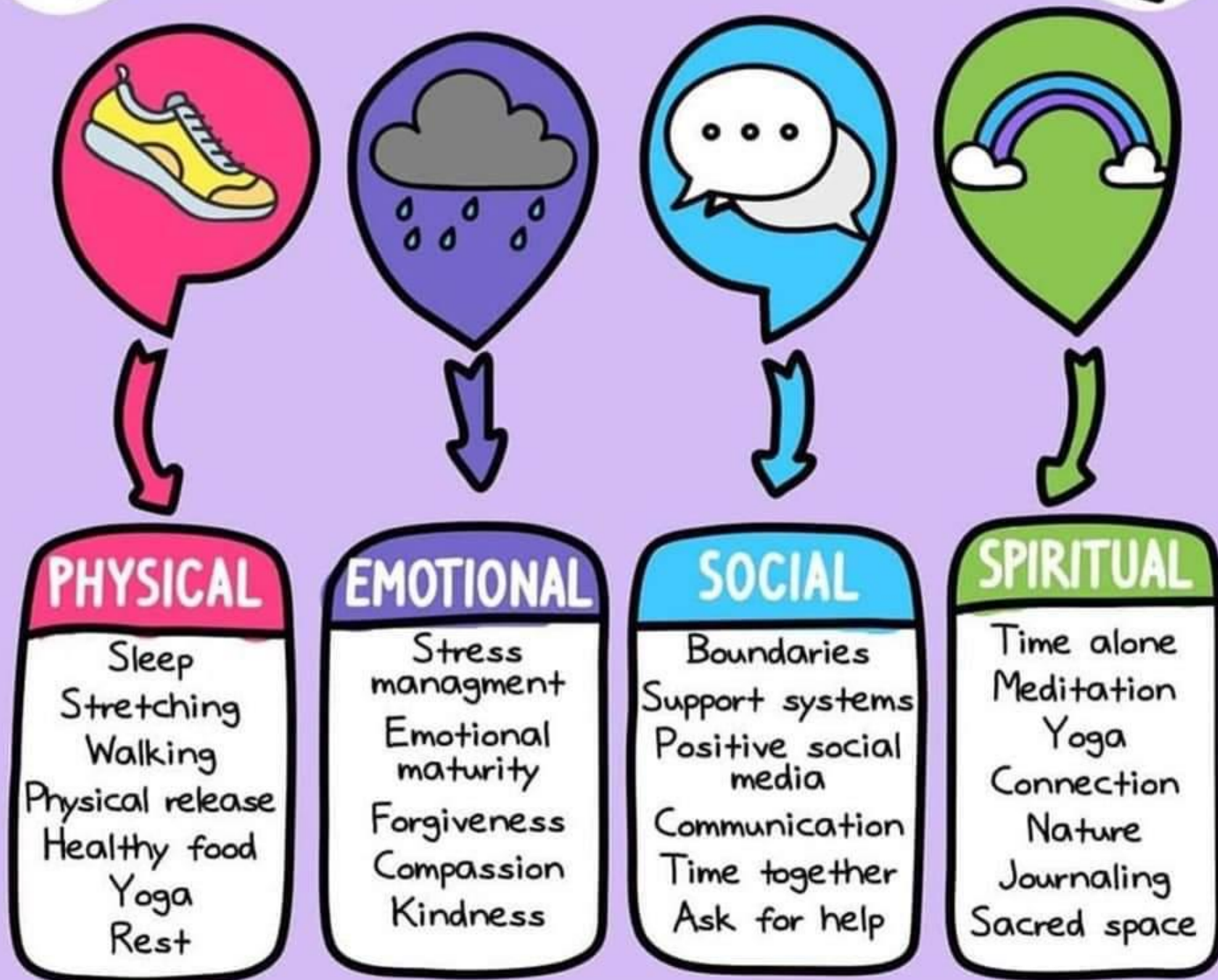
2. Breathe in as you move up your finger, out as you move down

3. Breathe in as you move up your finger, out as you move down

4. Breathe in as you move up your finger, out as you move down

5. Breathe in as you move up your finger, out as you move down

TYPES OF SELF-CARE



H
I
G
H
F
I
V
E

Self-Care is about taking action

