

Each and every one of us is feeling stress and anxiety to some point. Look over the different types of Self-Care ideas below. Print up any of the different charts and try these out with your family and friends! See which help you and use the Self-Care tips when you feel stressed or overwhelmed.

Better yet, get in the habit of using any Self-Care idea that works for you on a daily basis!

Put a diagram on your refrigerator, next to your bed or any other place in the house or in a notebook that you visit often to remind you to CARE for yourself every day!

Self-Care & Mental Health



Share your own feelings to encourage self-awareness.

Recognize toxic stress events.

Practice self-care for yourself to set the standard.

Cultivate interests and hobbies.

Tips for Kids

Set aside time for low stress or solo activities.



Encourage journaling and writing.

Encourage them to focus on the moment.

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Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."



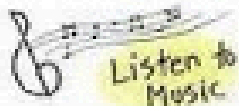
Establish a self-care routine.

50 Ways to Take a Break

Take a Bath



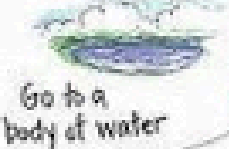
Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite



Watch the stars



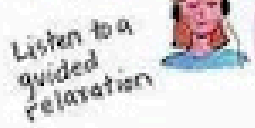
Write a Letter



Learn Something NEW



Listen to a guided relaxation



Read a Book



Sit in NATURE



2x More twice as slowly

Take Deep Belly Breaths



MEDITATE



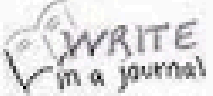
Call a friend



Meander around town



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing scent



Walk Outside



Go for a run



Take a bike ride



Create your own coffee break



View some ART



Eat a meal in SILENCE



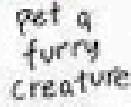
Turn off all electronics



Go to a park



pet a furry creature



read or watch something FUNNY



Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a farmer's Market



Forgive someone



Engage in small acts of KINDNESS

COLOR with crayons



Make some MUSIC



Climb a tree



Let go of something



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry

Put on some music and DANCE

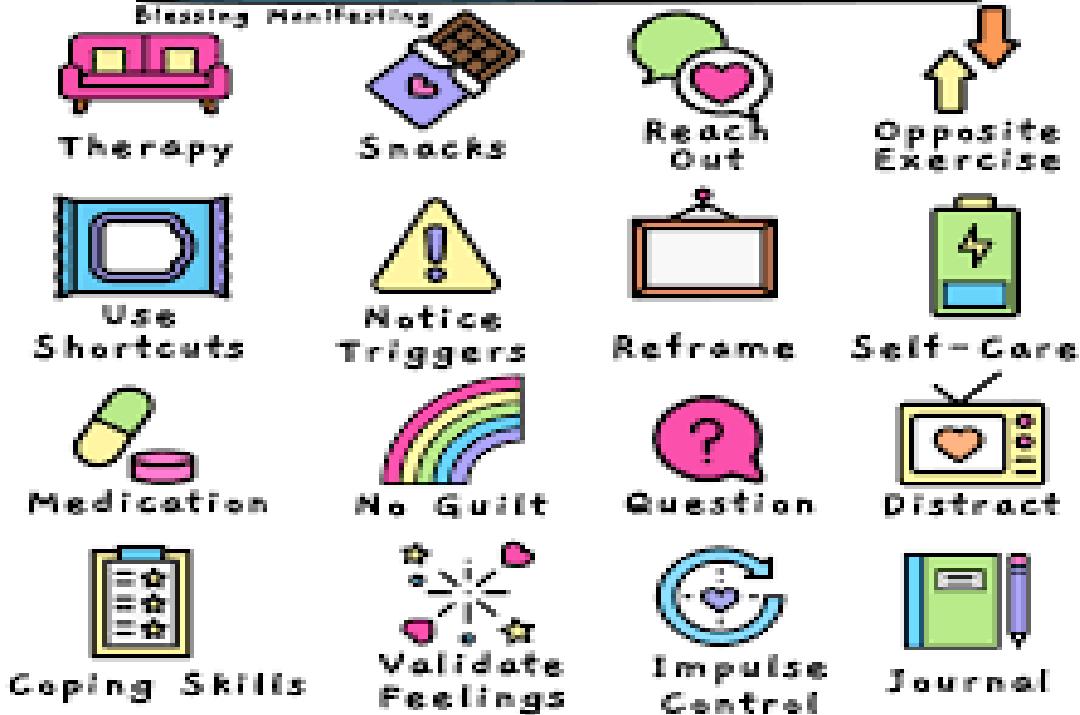


Give Thanks



Self-Care for Bad Mental Health Days

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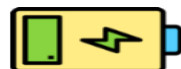
Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money Management
Paying Bills
Boundaries

Work



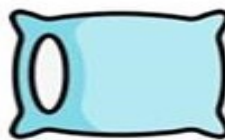
Time Management
Work Boundaries
Breaks

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★ THINGS TO DO TONIGHT



Take a really **deep** breath. Go down your body, focusing on **relaxing** each muscle.



Create a comfortable and **relaxing** environment for yourself.



If you have a lot on your mind try **journaling** to calm your thoughts.



You made it another day. Be **proud** of yourself.



Go through your night time **routine** and do the things that **soothe** you.



Let go of what's **bothering** you. Take a deep breath and let go.

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Self-Care for Mental Health

Compassion

Be kind to yourself. Stop judging yourself. Practice positive self-talk.

Action

Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself.

Accountability

Notice how your choices (conscious or unconscious) contribute in a negative way. Look at what isn't working in your life.

Self-Care

Rest. Pay attention to your self-care battery. Give yourself what you need. Make time for yourself. Set hard boundaries.

Support

Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need. Create a strong support system. Break the stigma.

Read More on Blessing Manifesting