

Self Care Menu

True self care should be practiced by everyone, does not need to cost a cent, and can be done even when you feel you do not have time for yourself. In fact, it is necessary to care for yourself before helping others, in order to prevent burnout.

IF YOU HAVE 30 SECONDS

slow deep breathing
grounding techniques
positive visualization
run cold water over wrists

IF YOU HAVE 5 MINUTES

get outside/fresh air
listen to uplifting music
Progressive Muscle Relaxation
Emotional Freedom Technique (tapping)

IF YOU HAVE 1 HOUR

exercise
call a friend
take time for a hobby/creative endeavor

EVERYDAY REMINDERS

drink water
get enough sleep
practice basic hygiene
eat nutritious meals/snacks

