

SELF-CARE AND COPING SKILLS



Make yourself a warm drink, step outside for a quick reframe, wash your hands under cold, running water, listen to an upbeat song, drink a glass of water, get some fresh air outside, text someone you care about, practice 5 minutes of focused breathing, write down 10 things you're grateful for, dance like no one's watching, smile - it works wonders, people watch for a few minutes, stretch, doodle or sketch something, do quick meditation or visualization, read an inspirational quote.



Write down positive affirmations, go for a short walk, take a quick cat nap, call someone you care about, practice a brief meditation, spend some time in nature, read a chapter from a favourite book, journal your thoughts or feelings, organize or tidy a small space (like your desk), listen to a podcast or audiobook snippet, prepare a healthy snack, engage in a creative activity like colouring or painting.



Watch a funny show, engage in physical activity, read a chapter of a book, listen to a podcast, go for a long walk, unplug from technology completely, practice a full yoga session, journal your thoughts and feelings, take a relaxing drive, cook a favourite meal or bake something special, visit a nearby park or scenic spot, declutter a larger space at home or work, have a heart-to-heart conversation with a friend, plan a personal project or future trip, attend a local workshop or class on something new and interesting, start a vision board or personal goal-setting session.

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Be gentle with yourself. You are a child of the universe, no less than the trees and the stars. In the noisy confusion of life, keep peace in your soul. – Max Ehrman

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