

WHY SELF-CARE MATTERS

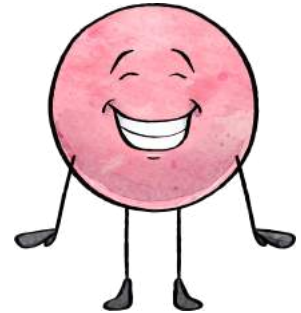
According to research, self-compassion and self-care can lead to increased:



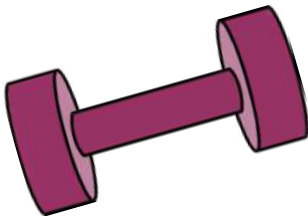
HAPPINESS



OPTIMISM



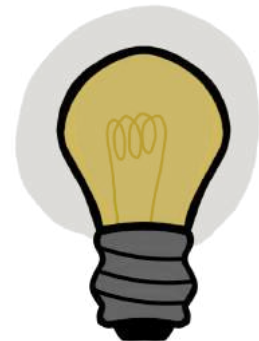
POSITIVE AFFECT



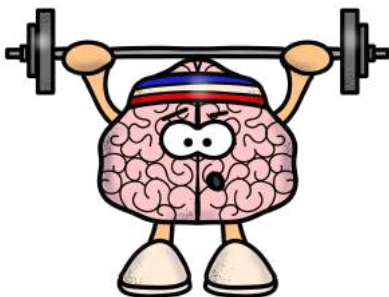
PHYSICAL HEALTH



ENERGY



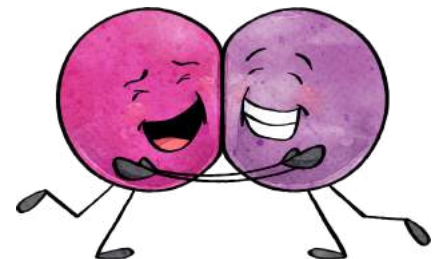
CONCENTRATION



**MENTAL
HEALTH**



**CURIOSITY &
EXPLORATION**



**ABILITY TO CARE FOR
THE PEOPLE AROUND
YOU**

TYPES OF SELF-CARE

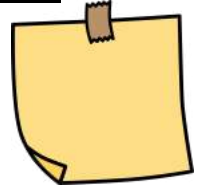
PHYSICAL

- Exercise
- Get enough sleep
- Eat healthy foods
- Drink enough water
- Deep breathing
- Go to the doctor and dentist as needed
- Keep up with personal hygiene
- Take prescribed medications
- Stretch



MENTAL

- Make a plan
- Learn a new skill
- Read a book
- Organize something
- Make a piece of art
- Try a new recipe
- Do something you've been putting off
- Watch a movie or TV show.
- Listen to music
- Do some gardening
- Decorate or rearrange your room



EMOTIONAL

- Write down your feelings
- Pray or meditate
- Do something relaxing if you feel stressed
- Talk to someone about how you feel
- Make a list of things you love about yourself
- Write a positive note to yourself and put it where you can see it
- Make a list of positive coping skills



SOCIAL

- Spend time with friends and family
- Plan a social event
- Call someone you haven't seen in a while
- Say no to something
- Set and protect healthy boundaries
- Be honest with the people around you
- Eat a meal with a friend
- Ask for help
- Meet a new friend



SELF-CARE YEAR ROUND

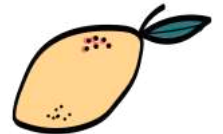
SPRING

- Go for a walk
- Go to a park with family or friends
- Garden
- Clear the winter/fall clothes out from your closet
- Write positive messages in chalk
- Blow bubbles to practice deep breathing
- Sit quietly outside
- Read a new book



SUMMER

- Make goals for the summer
- Plan a fun trip or vacation
- Make a refreshing drink or snack
- Organize or clean something outside
- Get ice cream with a friend
- Stick to a bedtime routine
- Get a haircut
- Write a positive note to put on your mirror
- Wear sunscreen



FALL

- Make a list of things you need to let go of
- Enjoy a warm drink
- Go on a hike
- Sit and watch the falling leaves
- Eat your favorite candy
- Take a nap
- Decorate a pumpkin
- Buy or make a warm item of clothing
- Clear the spring/summer clothes from your closet



WINTER

- Watch your favorite movie
- Do something kind for someone else
- Make something
- Listen to your favorite holiday music
- Take a warm bath
- Rearrange something in your house
- Set goals for the new year
- Start a journal
- Play a game with someone



THERE IS ALWAYS TIME FOR SELF-CARE

5 MINUTES

- Meditate or pray
- Make a list of things you're thankful for
- Take deep breaths
- Drink water
- Stretch
- Send a text message or e-mail to a friend
- Notice how you're feeling
- Look in the mirror and tell yourself something positive



20 MINUTES

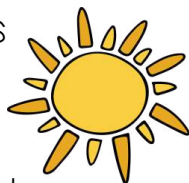
- Eat something healthy
- Journal
- Call a friend or family member
- Read
- Go on a short walk
- Take a shower or bath
- Make a plan for the week
- Organize a small space
- Do something fun without technology



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AN HOUR

- Work or play outside
- Watch a show that you love
- Take a nap
- Catch up on chores
- Do a puzzle
- Exercise
- Have a picnic outside
- Clean or organize a room in your house
- Try a new craft
- Make a new recipe



MORE THAN AN HOUR

- Watch a movie
- Go to dinner with friends or family
- Stay off social media for the day
- Go shopping for new clothes
- Do research to learn something new
- Get 8 hours of sleep
- Take a mental health day



WAYS STUDENTS CAN PRACTICE SELF-CARE DURING THE SCHOOL DAY



**Practice
deep breathing**



**Use a
special
notebook**




**Organize
your desk
or locker**



**Use
positive
self-talk**



**Be kind to
others**



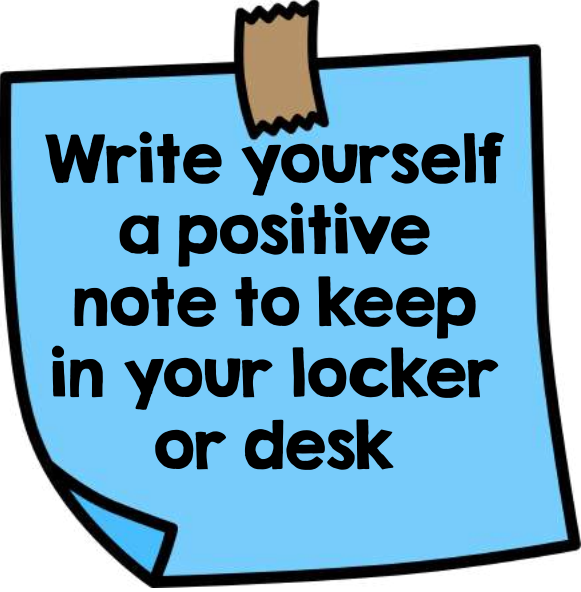
**Talk to
your teacher
about how
you feel**



**Make the
most of
your
work
time in
class**



**Ask
for
help**



**Write yourself
a positive
note to keep
in your locker
or desk**

AM I FEELING...



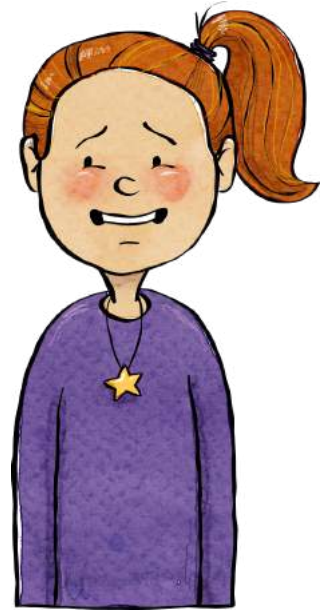
SAD?



STRESSED?



UPSET?



NERVOUS?

HAVE I...

Had enough water? Talked to someone?

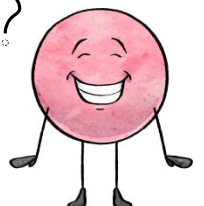
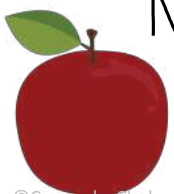
Taken deep breaths? Made a plan?

Had time to myself? Had enough sleep?

Done something creative? Gone outside?

Moved my body? Asked for help?

Eaten enough healthy food?



MAKING A SELF-CARE JAR

WHAT IS A SELF-CARE JAR?

A self-care jar is a jar or container that is full of self-care ideas. When you are feeling overwhelmed, anxious or like you need a little pick me up, you can choose an idea to do from the jar. You can keep your jar anywhere – at school, at home, at work, etc. so that you can access it easily.

HOW CAN I MAKE A SELF-CARE JAR?

You can fill your self-care jar with different ways to take care of yourself. You can write your ideas on paper, popsicle sticks, or even stones. If desired, you can color code them by amount of time they take, or by the type of self-care. Make sure to put a wide variety of ideas in your jar so that you can take care of yourself regardless of how much time you have or how you are feeling.

WHY MAKE A SELF-CARE JAR?

Sometimes, when we feel overwhelmed or stressed, it can be hard to take the next step. We might know that we need to take care of ourselves, but we're not sure how. The self-care jar gives us a fun way to get ideas about what to do. Also, the jar can provide a visual reminder of the need to prioritize self-care.



I CAN BE KIND TO MYSELF

I can make a difference.

I make the world better.

I am enough.

I am important.

I am brave.

I am proud of myself.

I will reach my goals.

I can do hard things.

I can do this.

I am loved.

10 WAYS TO UNPLUG

1 Go one day without social media.

2 Put your phone out of reach when you're with others.

3 Have tech-free dinners.

4 Set time limits for certain apps.

5 Don't bring your phone into your bedroom.

6 Go outside without your phone.

7 Delete addicting apps from your phone.

8 Don't use TV to fall asleep.

9 Find a hobby that doesn't involve technology.

10 Turn push notifications off.

SELF-CARE JOURNAL PROMPTS



1. How am I feeling right now?
2. How have I been feeling over the past week?
3. What am I looking forward to?
4. What has made me feel energized today?
5. What has made me feel energized this week?
6. What should I say yes to? What should I say no to?
7. What makes me feel most relaxed?
8. What do I love about myself?
9. What are habits I can form to become more physically healthy?
10. What would an ideal day look like for me?
11. What are some new things I've been wanting to try?
12. What are some things I've been putting off?
13. What can I do in the morning to get my day started off right?
14. How is my sleep? What can I do to make sure I get enough rest?
15. What goals do I have for the day? Week? Month? Year?
16. How am I doing on my goals?
17. Is there anything I need to let go of?
18. Are there any decisions I need to make?
19. Who makes me feel the most energized?
20. Who are the people I can talk to about how I'm feeling?
21. In what ways am I caring for the people around me?
22. What am I thankful for today?
23. How am I feeling about myself right now?
24. What are my favorite inspirational quotes?
25. Do I need to ask anyone for help?
26. Am I spending too much time on technology? What can I do to create better balance?
27. What is a creative activity I have been enjoying?
28. What songs put me in a good mood?
29. Who haven't I connected with in a while that I would like to reach out to?
30. What has been keeping me from taking care of myself lately?
31. Am I managing my time well? Why or why not?