

# Self Care Kit

## Physical Self Care

e.g. walking, yoga, stretching, shower/bath, skincare, drinking water, eating a nourishing meal, etc.

## Emotional and Mental Self Care

e.g. therapy, medication, boundary-setting; reading, poetry, art, etc.

## Social Self Care

e.g. writing a letter, talking to a friend, volunteering, etc.

## Spiritual Self Care

## Things that Lift Me Up

e.g. music, movies, tv shows, books, etc.

## Things to Keep Me Safe

e.g. safety plan, professional supports, etc.

[BeSafeApp.ca](http://BeSafeApp.ca)

## Journal Prompts

List things you're grateful for.

What do you say to support a loved one when they're having a bad day?

How could you tweak these statements to say them to yourself?

List 3 things that make you happy and can you do one of them today?