

SELF-CARE

Bingo

Take a moment to reflect on the self-care you have done this week

Spent time
outside

Got enough
sleep

Stayed
hydrated all
day

Read a good
book


Checked in on
someone I
care about

Spent time
with a pet

Cooked
something
tasty for
myself

Asked for help
when I needed
it

Went for a
walk



SELF-CARE

Bingo

Take a moment to reflect on the self-care you have done this week

Cleaned and
organised

Listened to
music

Stretched

Learned
something
new

Said thank
you to
someone

Enjoyed a
bath or long
shower

Took time off
social media

Treated
myself

Spent time
with chosen
family or
friends

7 ways to be more kind to your mind

7 ways *
To Be MORE
KIND TO YOUR
MIND

@LAURAJANEILLUSTRATIONS

MONDAY

wake up, look in the mirror & say out loud 3 things you are PROUD of yourself for doing, achieving or overcoming; & if you find that challenging, simply remind yourself that you have faced challenge before, you survived & you're doing great.

@LAURAJANEILLUSTRATIONS

Tuesday

choose to forgive yourself for still being in the "process"; instead of saying "I can't do this", remind yourself that you are still learning, still growing, still capable of being able to do it one day. Growth is a process, it takes time.

@LAURAJANEILLUSTRATIONS

Wednesday

say no to something that you know you don't have the time or energy for today; saying no today will create space for you to rest & recharge so that you can say yes to more tomorrow.

@LAURAJANEILLUSTRATIONS

THURSDAY

take a moment to just stop. Stop and breathe. Breathe in, pause; breathe out. In the silence listen closely to what your body is telling you - what do you need more of today?

@LAURAJANEILLUSTRATIONS

FRIDAY

check in with your feelings. What are you feeling today? Why are you feeling this way? What do you need right now to support yourself & these feelings?

@LAURAJANEILLUSTRATIONS

SATURDAY

make space for you today. Do something simple that brings you gentle joy, like sitting in the sunshine, reading a book or going for a walk. Be comfortable in your own company, in the softness of the silence; be present with yourself in the joy.

@LAURAJANEILLUSTRATIONS

SUNDAY

write a list of everything & everyone that you are grateful for at the end of the week. Read back your list; be present with just how much you have in this moment of your life, however big or small, grand or simple - you have something to be grateful for.

@LAURAJANEILLUSTRATIONS

7 ways *
To Be MORE
KIND TO YOUR
MIND

@LAURAJANEILLUSTRATIONS

illustrations provided by
@laurajaneillustrations / www.hellohappy.com

Your turn: 7 ways to be more kind to your mind

7 ways *
To Be MORE
KIND TO YOUR
MIND

@LAURAJANEILLUSTRATIONS

MONDAY

Tuesday

Wednesday

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7 ways *
To Be MORE
KIND TO YOUR
MIND

@LAURAJANEILLUSTRATIONS

Made by you



COLOUR ME IN

SCRIBBLE PAPER

Where are the places I feel safest?



Who do I feel safest with?



Mood



What is the strongest part of me?



What helps me through difficult times?



What have I learnt about myself?



Start day?



YES

NO

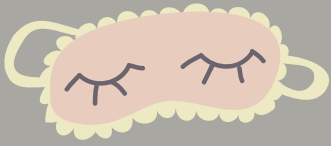


What can I teach others?

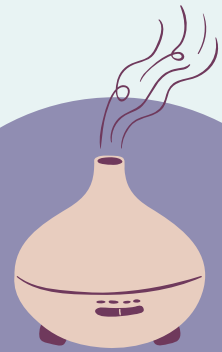


SLEEP HYGIENE

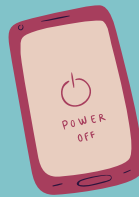
TIPS



MAINTAIN A
REGULAR PATTERN,
TRY TO GO TO BED
AT THE SAME TIME
EACH NIGHT



CREATE A
COMFORTABLE
ENVIRONMENT



AVOID
ELECTRONICS
IN BED



AVOID
CAFFEINE
LATE IN THE
DAY



SPEND TIME
WINDING DOWN
BEFORE BED, FIND
AN ACTIVITY TO
DO BEFORE BED
THAT HELPS YOU
RELAX



AVOID
NAPPING
DURING THE
DAY





Take a Break

Take a break from this resource and do something to help you relax, cope with stress or fear and to wind down. This could be through meditation, breathing exercises, prayer or the below visualisation. We have included some guided imagery prompts for you to picture in your mind if you choose. This technique can help you visualise positive and safe spaces.

Visualisation Prompts

By the river

Imagine you are sitting by a river. You can hear the gentle flow of water and the birds in the trees above. You can feel the cool stones beneath you and the light breeze on your face. You look up and you see the soft blue of the sky and dark outlines of trees reaching for the clouds. Now, you look back down and you see the browns, blues, greens and greys of the river. There are curls of white where the water meets the rocks. When you look more closely, you can see little fish darting around in the water. You place your hands and feet firmly on the ground beneath you. You take some deep breaths. You let the river carry away your worries.

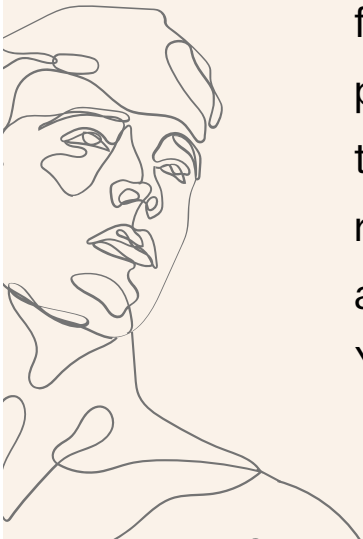


Relaxation

Imagine you are lying down with your body relaxed, arms by your side and legs stretched. Take a few deep breaths to this rhythm: in for 4 counts, hold for 2 and release for 6. Feel the breath travel in through your nose and down into your lungs, lifting your belly as you breathe. Now, visualise the air from each breath travelling through your body: down through your legs and into your toes, across your arms and into the tips of your fingers, up through your neck and into your head. Imagine every breath relaxing each checkpoint in your body as the air travels around and through. Relax into your body, and slowly release any tension it carries.

Safe space

Imagine you are in your room. You can feel your warm blankets around you and the soft pillow behind your head. Maybe you've just woken up, or maybe you're watching a movie or calling a friend. There is soft music playing, you feel at peace and revitalised. There's a steaming cup of tea on your bedside table and the air in your room smells fresh and clean. You look around as sunshine gently filters in through the curtains. You feel at home.



Journal Prompts

If you're feeling safe and comfortable, take a moment to reflect on the following questions. We recommend finding a quiet place to clear your mind.

How am I currently feeling?

When do I feel most like myself?

What are some of my healthy habits?

What makes me feel powerful?

What brings me joy?

Where do I want to be in a year's time?

What have I learnt in the past year?

DOODLING FOR MINDFULNESS

1 YOUR NAME IN BUBBLE LETTERS

A SELF-PORTRAIT 2

3 YOUR FAVOURITE PLANT

YOUR FAVOURITE ANIMAL 4

5 YOUR OUTFIT

SOMETHING IN FRONT OF YOU 6



1

2

3

4

5

6

30 DAY SELF-CARE CHALLENGE

TAKE A BREAK AND TRY ONE OF THESE SELF-CARE ACTIVITIES
EACH DAY

<input type="checkbox"/> Do a workout	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Go for a walk outdoors	<input type="checkbox"/> Write a positive affirmation	<input type="checkbox"/> Go to bed early
<input type="checkbox"/> Listen to your favourite song	<input type="checkbox"/> Do something you love	<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Cook your favourite meal	<input type="checkbox"/> Practise yoga
<input type="checkbox"/> Unplug from social media	<input type="checkbox"/> Do some journaling or doodling	<input type="checkbox"/> Call someone who makes you laugh	<input type="checkbox"/> Write down 3 things you are grateful for	<input type="checkbox"/> Read a book
<input type="checkbox"/> Do some stretches	<input type="checkbox"/> Watch the clouds	<input type="checkbox"/> Go for a drive	<input type="checkbox"/> Watch your favourite movie	<input type="checkbox"/> Write a letter to a friend
<input type="checkbox"/> Sit under the stars	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organise your wardrobe	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Listen to a podcast	<input type="checkbox"/> Declutter your space	<input type="checkbox"/> Spend time with someone you love	<input type="checkbox"/> Go out with friends

30 DAY SELF-CARE CHALLENGE

TAKE A BREAK AND DESIGN YOUR OWN SELF-CARE ACTIVITIES FOR EACH DAY

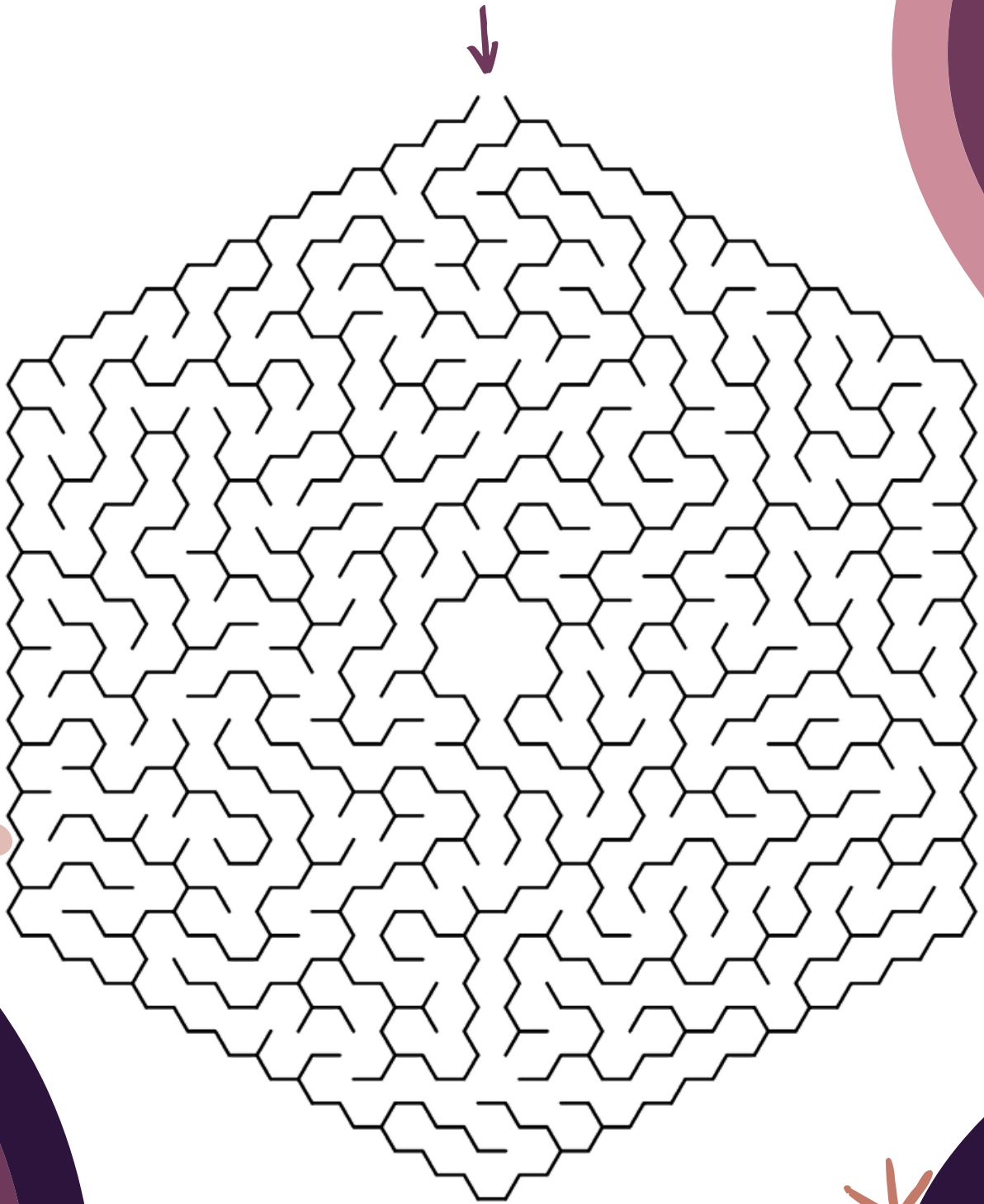
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○
○	○	○	○	○

TAKE A BREAK AND FIND ALL 10 WORDS

H V U A M O J H X F B R Q J P
Z T V F M I A L C E R I B R B
S D G I A V P Z F S C Q P W B
S B X N T T C E P S E R I X R
X A A K E C I V N P P U M J A
F R O X S R R H I W D Q V D V
Y S V D S N T F Y M N U O E E
M K S T T P E S Q Y V P E U G
J E M P O W E R N H S U B G H
O S O L I D A R I T Y T T I F
G S X R Y X W Y R R U V U E P
T Z B W E H P B F O G I H I V
C S N R Q S J T X W V M W O D
J I H Q A U T O N O M Y Z M V
E V Y I H L E V E I L E B A O

- brave
- solidarity
- reclaim
- rest
- autonomy
- believe
- worthy
- respect
- empower
- strength

**NAVIGATE YOUR WAY
TO THE CENTRE OF
THE MAZE**





repeat these
affirmations

I am worthy, I matter and how I
feel matters.
I am loved.

I am braver than I think,
stronger than I seem and
smarter than I know.

My presence on this earth
makes a difference whether I
see it or not.

Provided by Adama's Nexus



write your own
affirmation



A piece of white, spiral-bound notebook paper with a yellow sticky note at the top. The paper has horizontal lines for writing.