

My Self-Care Package

To be able to give to others, we need to give to ourselves too. It isn't being selfish – it's necessary.

You can create a Self-Care Package of activities you find relaxing, help you recharge or allow you to switch off. Below are some examples of things you could include.

Mental

Listen to music/podcasts

Read

Create a positive mantra

Make a routine for yourself

Physical

Take a warm bath

Go for a walk

Eat a healthy snack/meal

Stretches/yoga

Emotional

Journaling

Call or text a friend

Draw/paint your emotions

Play/cuddle with a pet

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Physical

Emotional