

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

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?