

Self-Care & Mindfulness

SELF-CARE IS NOT SELFISH!

1. _____ – Create a list on your phone using any streaming service like Spotify or Apple Music
2. _____ – Put images on your binder that make you smile, change your screensaver and lock screen saver
3. _____ – Have things that bring you joy like stress balls, pets, weighted blankets, soft clothing items, stuffed animals, etc.
4. _____ – Find smells that make you happy and relaxed
5. _____ – Make a list of people who love you
6. _____ – Go for a jog, draw, cook, organize, write, and express yourself in a judgment free zone

My Emotional First Aid Kit

MY MUSIC	MY IMAGES	MY ITEMS	MY SMELLS	MY PEOPLE	MY PLAN

Self-Care & Mindfulness

_____ is the ability for us to be _____, meaning totally aware of where we are, what we are doing, and how we are feeling.

Mindfulness has been demonstrated to reduce the symptoms of _____, _____, and _____.

Mindfulness can improve _____.

Mindfulness Strategies:

- 1.
- 2.
- 3.

My Takeaways:

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How I'm Going To Use My Emotional First Aid Kit:
