

# Self Care TIPS

## Sensory Self-care

- Getting a breath of fresh air
- Snuggling under a blanket
- Listening to running water
- Sitting outdoors
- Taking a hot shower
- Stretching different muscle groups
- Paying attention to your breathing
- Staring up at the sky
- Listening to music



## Pleasure Focus

- Going out to eat
- Being a tourist in your own city
- Spend time in nature
- Watching a movie or show
- Making art, or doing a craft project
- Taking photos as you walk

## Mental / Mastery

- Cleaning out a junk drawer or a closet
- Taking action (one small step)
- Trying a new activity
- Driving to a new place
- Writing in a journal
- Try a crossword puzzle
- Reading something on a new topic

## Spiritual

- Attending church / chapel
- Reading poetry or inspiring quotes
- Meditating
- Praying

## Emotional

- Accepting your feelings
- Writing your feelings down
- Laughing when you can
- Practicing self-compassion

## Physical

- Trying yoga through YouTube
- Going for a walk or a run
- Dancing
- Going for a bike ride
- Ensuring you get enough sleep
- Taking a nap

## Social

- Going to lunch with a good friend
- Calling a friend on the phone
- Sit at a new table in the Caf  
Participating in a book club
- Joining a student group

