

## Self-Care Ideas

What do you enjoy doing?

What helps you relax?



Buy flowers



Relax with a hot drink



Call someone for a chat



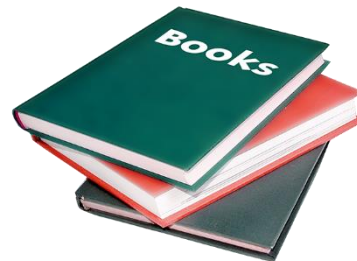
Listen to music



Being outside



Read



Colour, draw, write,  
paint



Take a rest, sleep



Watch TV



Dance



Take a bath

