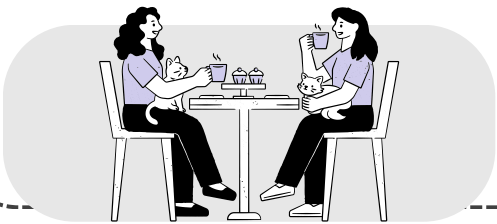


SUGGESTIONS FOR SELF-CARE

REMAIN KIND TO YOURSELF

You deserve to be kind and caring towards yourself, as you are towards others.



TAKE BREAKS DURING THE DAY TO DO ACTIVITIES YOU ENJOY

Write, walk, talk to someone you like, draw, dance, garden, play ball, snowshoe, etc.



FOCUS ON YOUR STRENGTHS

You've got some great qualities! Write them down as a reminder.

TRY TO STAY IN THE "HERE AND NOW"

The philosophy of mindfulness can be applied during activities such as meditation, walking and yoga.

FOCUS ON WHAT YOU CAN CONTROL

You can't always change what happens to you, but you can learn to control your reactions and feelings about other people, unforeseen events, and so on.

DO RELAXING ACTIVITIES

Walk, do yoga, read, watch a movie, take a bath, listen to music, etc.



SUGGESTIONS FOR SELF-CARE

TALK TO SOMEONE WHEN YOU'RE DOWN

Talk to your partner, family members, teachers, neighbours, therapists, community resources or help lines.



TRY NEW ACTIVITIES

Engage in creative or fun activities like visual arts and crafts, games, a musical instrument, dancing and writing, snowshoeing, etc.



BECOME AWARE OF YOUR NEGATIVE THOUGHTS BUT DON'T LET THEM GET TO YOU

Don't run away from unpleasant thoughts or feelings, but don't let them stop you.

WRITE YOUR THOUGHTS AND FEELINGS DOWN

We have to release the bad stuff. Journaling will help you understand yourself better.

