

WHO LIKES/LOVES ME

OTHER PEOPLE'S MISTAKES

OTHER PEOPLE'S FEELINGS

THE PAST & FUTURE

WHAT OTHER PEOPLE SAY

OTHER PEOPLE'S ACTIONS

WEATHER

MY AGE

THINGS I CAN CONTROL

MY ATTITUDE

MY THOUGHTS

HOW I TREAT MY BODY

ASKING FOR HELP

MY REACTIONS

WHAT I EAT

MY CHOICES

MY IDEAS

MY DECISIONS

MY BOUNDARIES

THE FRIENDS I CHOOSE

LEARNING FROM MISTAKES

WHAT I SAY

THINGS I CAN'T CONTROL

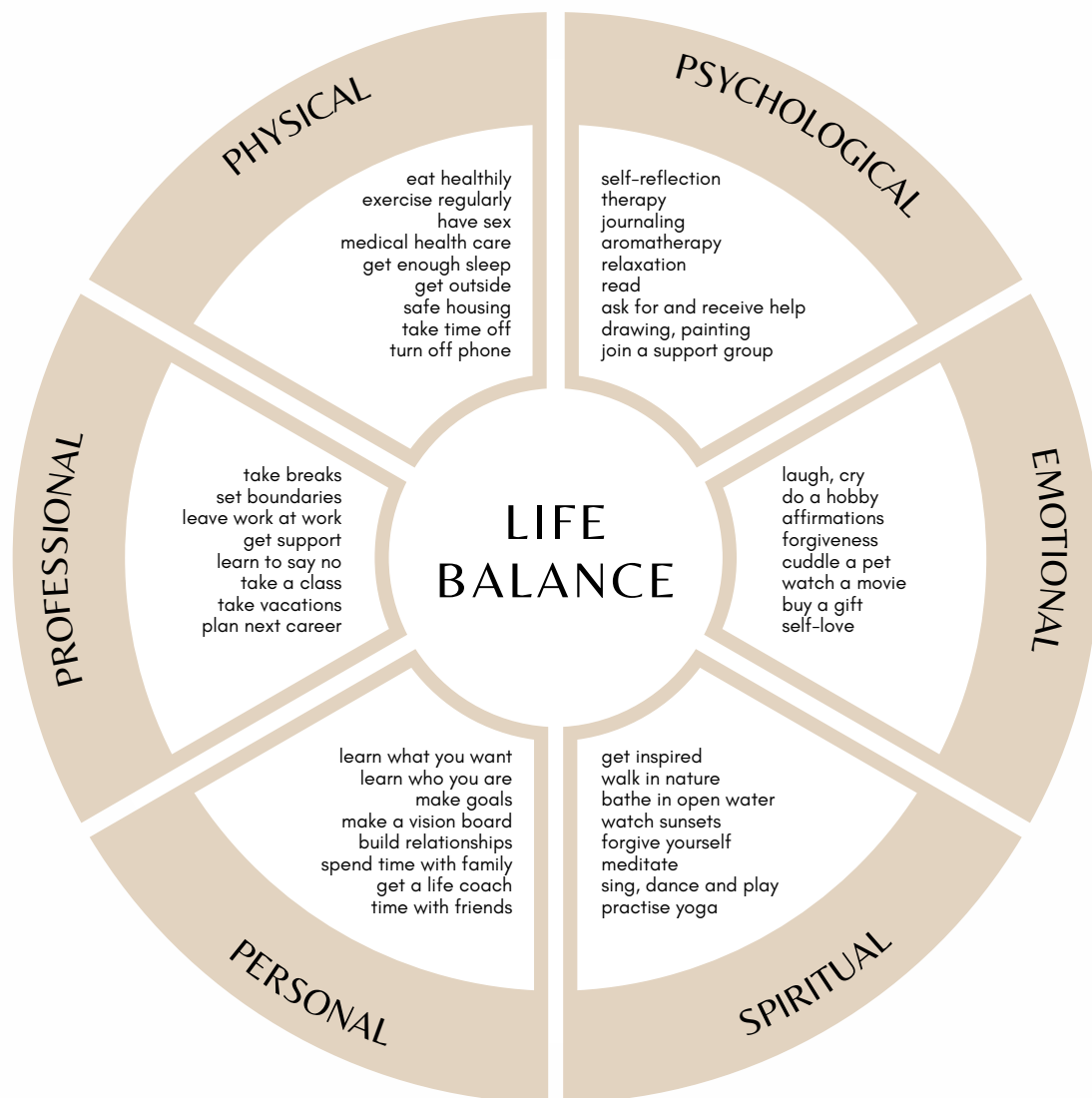
OTHER PEOPLE'S IDEAS

OTHER PEOPLE'S DECISIONS

WHAT OTHERS THINK

HOW OTHERS BEHAVE

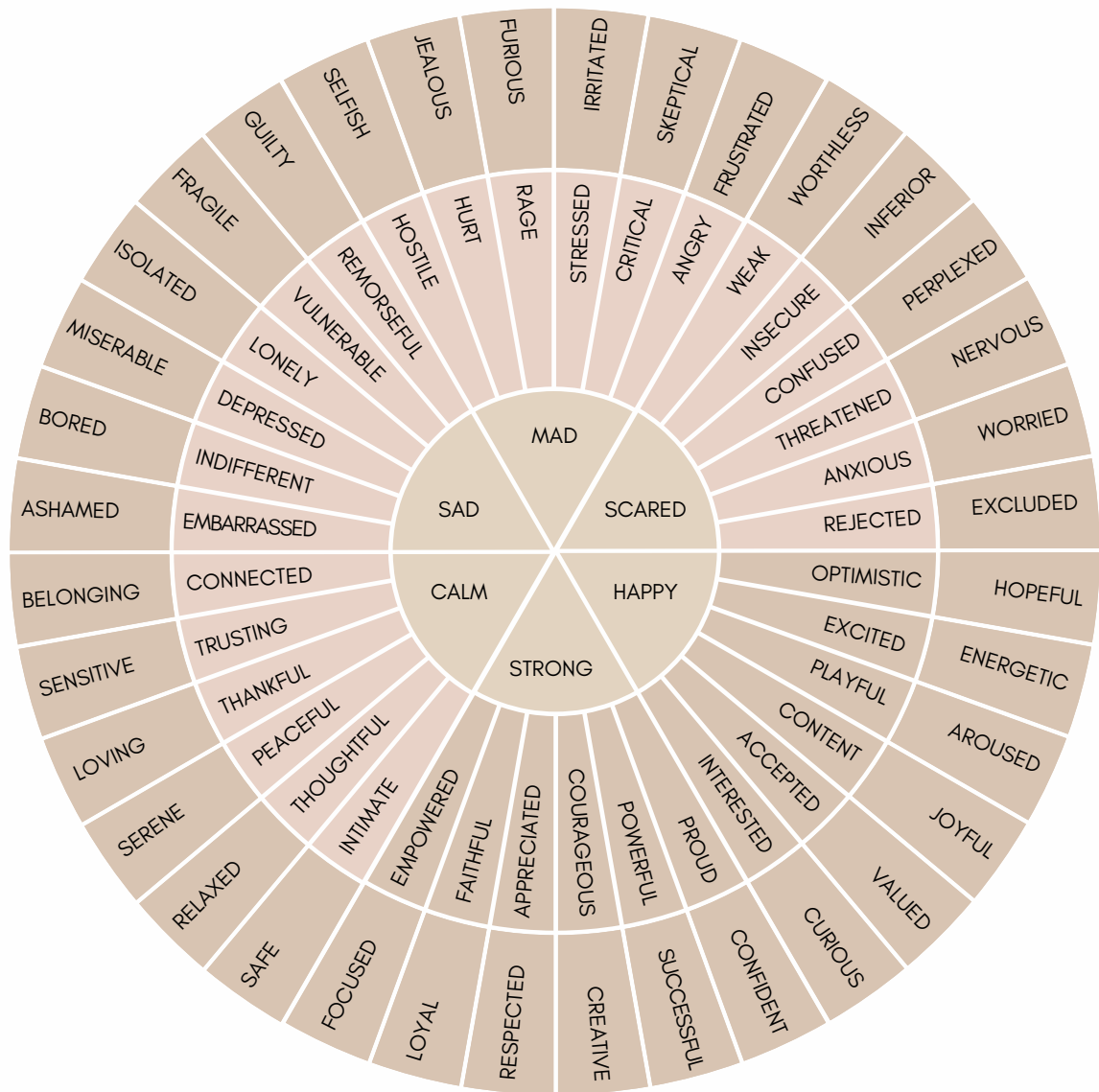
The Self-Care Wheel



Source: Olga Phoenix

THE EMOTIONS WHEEL

Robert Plutchik



MASLOW'S HIERARCHY OF NEEDS



A TO Z OF COPING SKILLS

A is for
AFFIRMATIONS

B is for
BREATHING

C is for
CREATIVITY

D is for
BOUNDARIES

E is for
EXERCISE

F is for
FORGIVE
YOURSELF

G is for
GRATITUDE

H is for
HUG
SOMEONE

I is for
IDENTIFY
FEELINGS

J is for
JOURNAL
WRITING

K is for
KNOW YOUR
STRENGTHS

L is for
LISTEN TO
MUSIC

M is for
MINDFULNESS

N is for
NATURE

O is for
OMIT TOXIC
PEOPLE

P is for
PLAY WITH A
PET

Q is for
QUIET YOUR
MIND & MEDITATE

R is for
RELAXATION

S is for
SLEEP

T is for
TALK TO
SOMEONE

U is for
URGE
SURFING

V is for
VISUALIZATION

W is for
WARM WATER

X is for
EXIST ON A
HEALTHY DIET

Y is for
YOGA

Z is for
ZONE OUT &
TAKE A BREAK

CHALLENGE

NEGATIVE THOUGHTS

Am I making assumptions and jumping to conclusions?

What is a more positive way to think about this?

What can I do to solve this problem?

What is a more helpful thought?

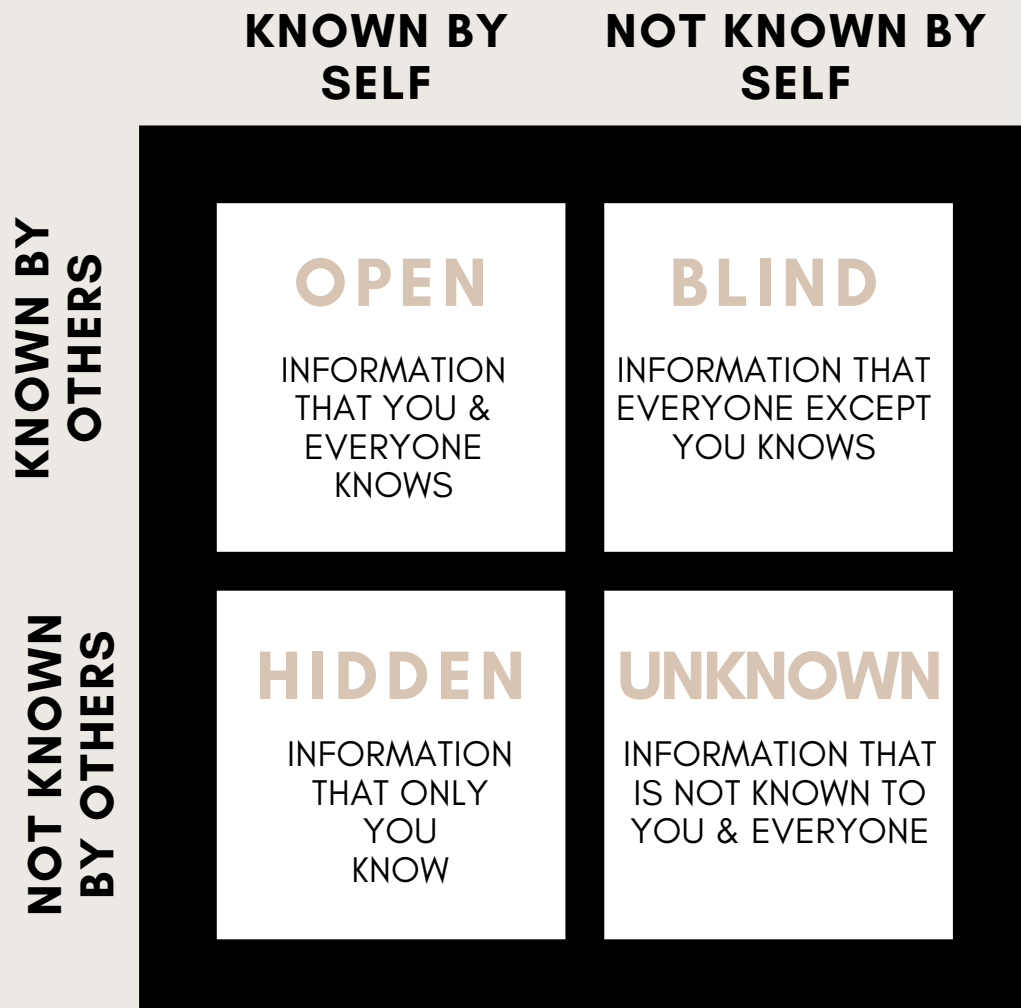
What would I say to a good friend?

Will I be worrying about this in a few months?

How could I look at this differently?

JOHARI'S WINDOW

FROM LUFT AND INGHAM



GROUNDING TECHNIQUE

5  SEE

4  FEEL

3  HEAR

2  SMELL

1  TASTE

BE KIND TO YOURSELF

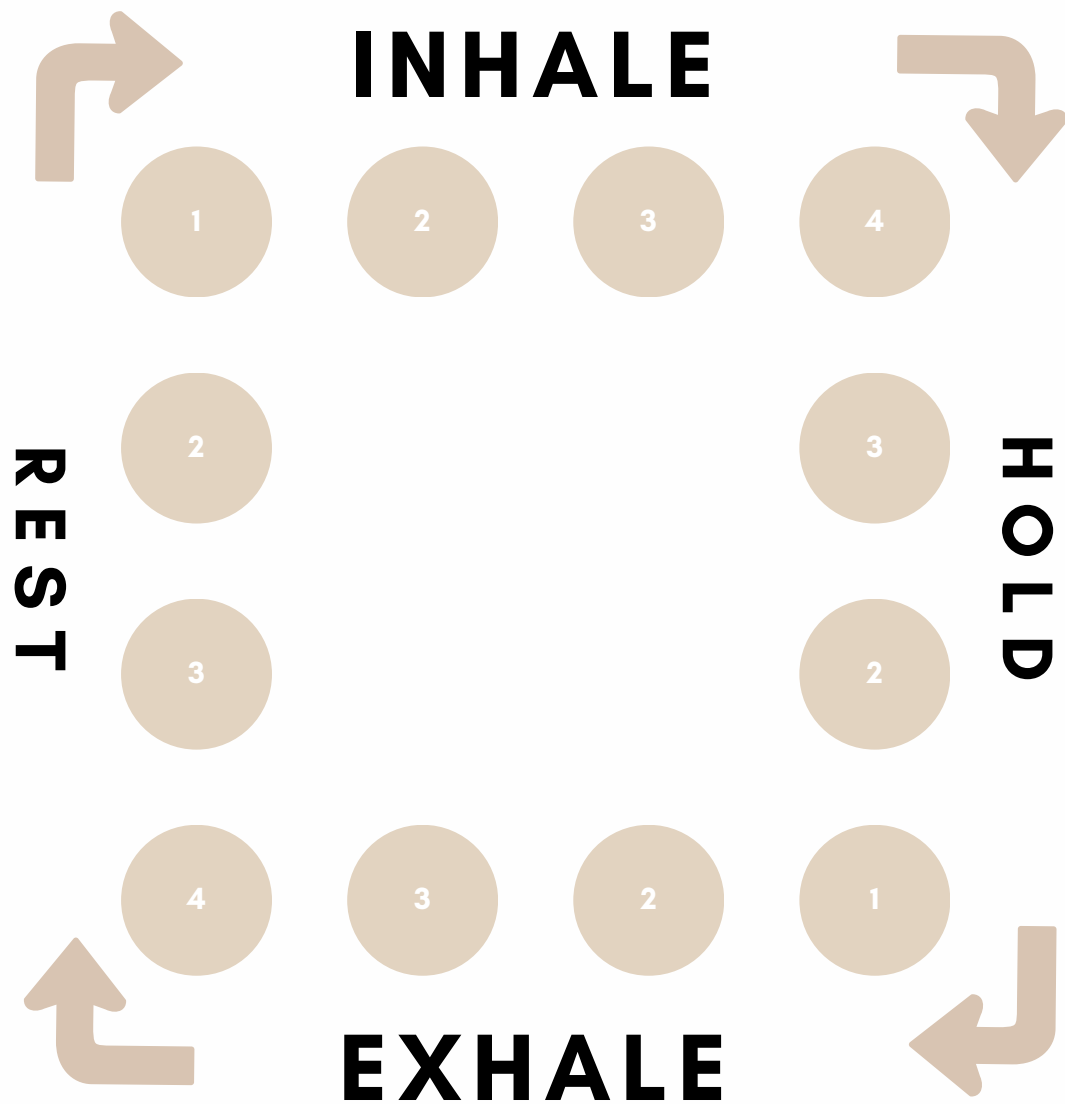


FINGER BREATHING

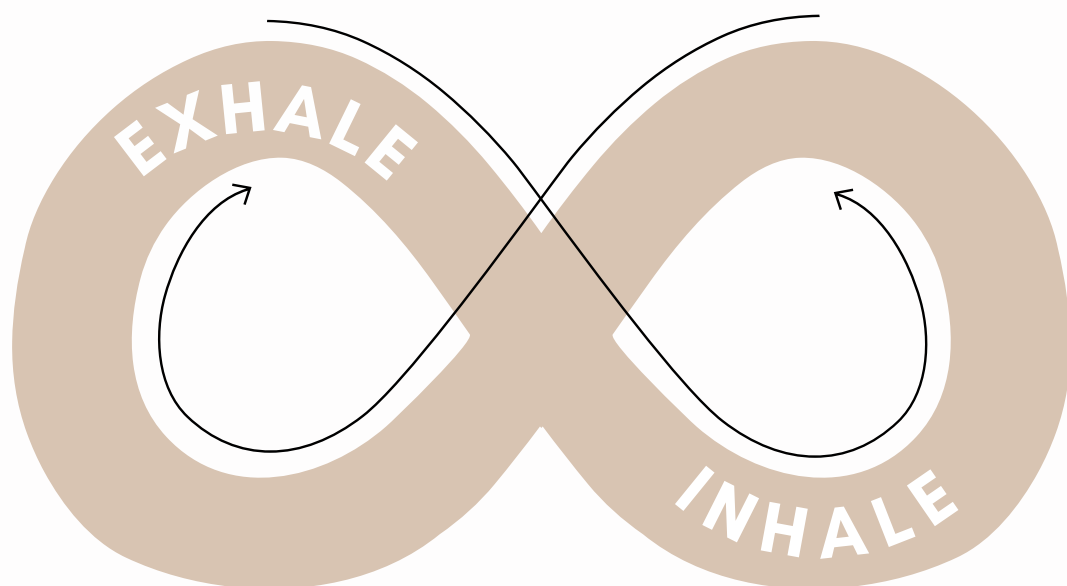


Trace around the thumb and fingers of your outstretched hand. From base of thumb to tip, inhale; from the tip of your thumb to the base on the other side, exhale. Repeat around the whole hand.

BOX BREATHING

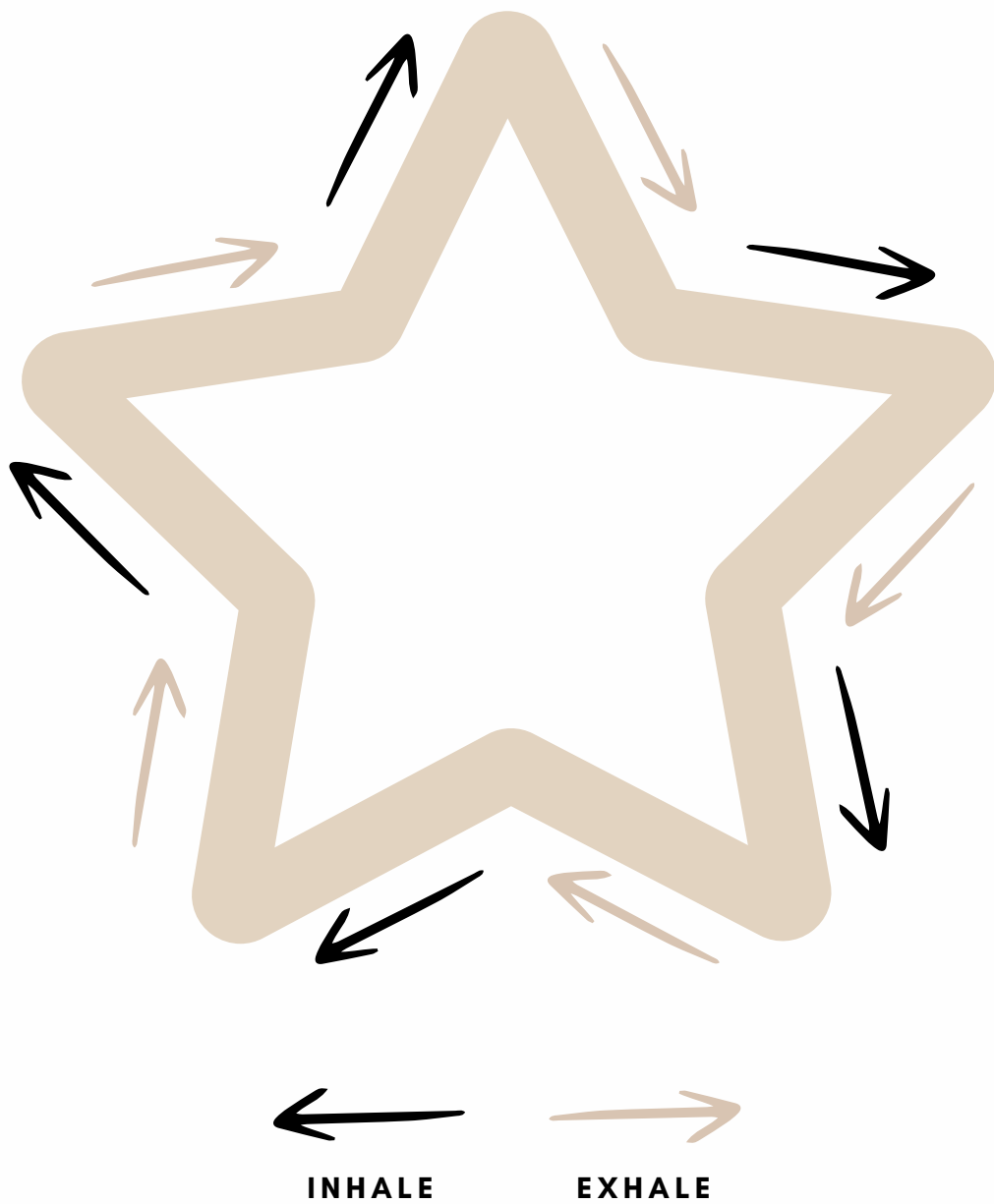


LAZY-8 BREATHING



Imagine an 8 on its side.
Start in the middle and trace up the right part of the 8 while you inhale. When you reach the middle, exhale as you trace the left part of the 8

STAR BREATHING



CALMING SKILLS

Breathe

Grounding Techniques

Mindfulness

Affirmations

Challenge Negative Thoughts

Visualization

Yoga

Connection

SIGNS OF STRESS

**CONSTANT
WORRYING**

**TROUBLE
SLEEPING**

**FEELING
MOODY**

**FEELING
HOPELESS**

**FEELING
LONELY**

**DECISIONS
DIFFICULT**

HEADACHES

IRRITABILITY

NAUSEA

**FREQUENT
INFECTIONS**

**SOCIAL
WITHDRAWAL**

**CHANGES IN
APPETITE**

YOUR SELF-CARE

BREATHE

focus on your
breathing

FEELINGS

how am I feeling
today?

WANTS

what you want
to accomplish

NEEDS

what your needs are
for today

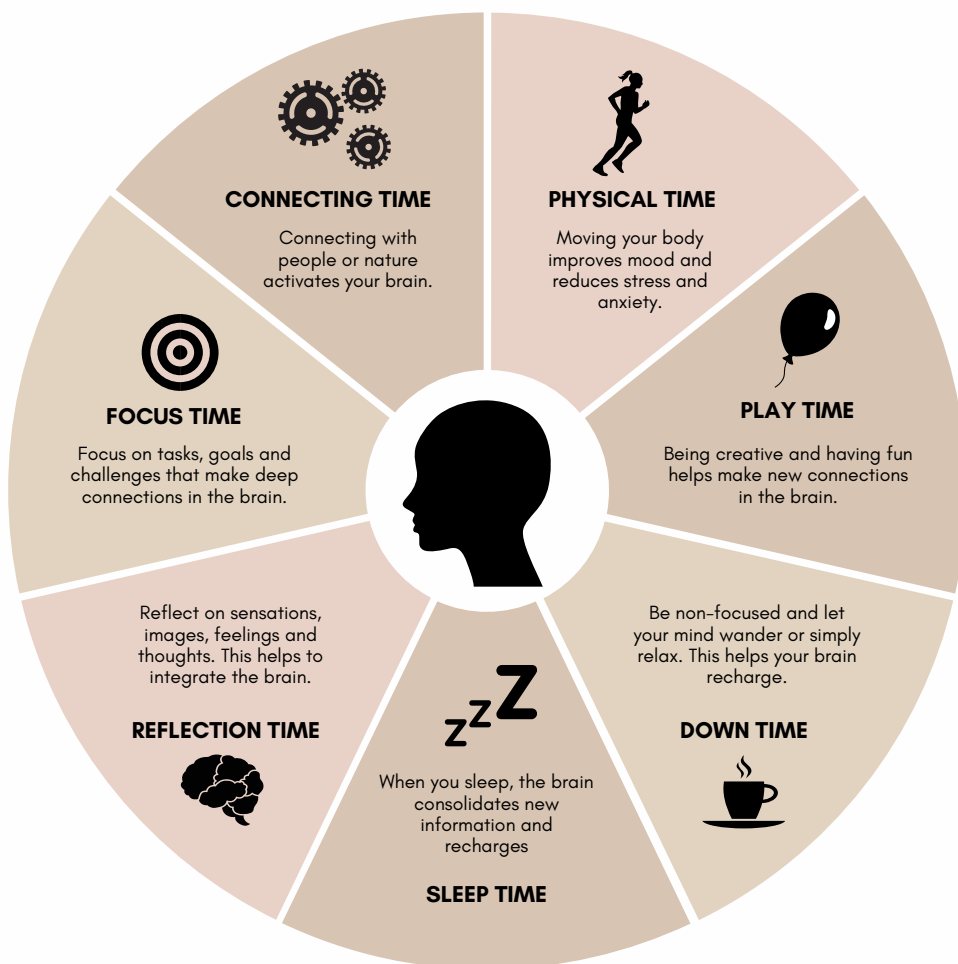
BE GRATEFUL

things for which
you're thankful.

AFFIRMATIONS

state some
affirmations.

THE HEALTHY MIND PLATTER



Source: D. Rock and D. Siegel, 2011

COPING WITH ANXIETY

**I allow this feeling to
be here, knowing that
it will pass**

**My anxiety is not
dangerous -
it's just uncomfortable**

**My anxiety is a
habit that I can
change**

**I am going to
stay focused in
the present**

**My anxiety is not
the boss;
I am in control**

**This feeling is
uncomfortable
but normal**

**I can get through
difficult times; I've
done it before**

**This feeling is a
reminder to slow
down and breathe**

SELF-CARE CHECK-IN

How am I feeling?

What are my needs right now?

What makes me grateful today?

What do I want to accomplish today?

What actions can I take to feel good?

What negativity can I cut from my day?

POSITIVE SELF TALK

**I love
myself for
who I am**

**I deserve
love and
respect**

**My feelings
are
important**

**I am in
charge of my
choices**

**I can ask
for help if I
need it**

**I feel
grateful for
what I have**

**I'm thankful for
my body & what
it does for me**

**It's ok for
me to say
no**

**I am capable
of incredible
things**