

WHAT IS SELF-CARE?

Self-care is the intentional practice of activities that nurture your physical, mental, and emotional health.

WHY PRACTICE SELF-CARE?

In our fast-paced world, self-care is not just optional; it's essential.

When your mental health is strong, self-care acts as a **preventative measure**, maintaining your **wellbeing**. However, if you're **facing challenges**, self care becomes even more crucial, **preventing a downward spiral**. By focusing on self-care, you're prioritizing your most **critical functions**, boosting **self-esteem**, and fostering **resilience**.

FROM THE LIST OF SELF CARE IDEAS BELOW, START TO SELECT SOME THAT MOST RESONATE WITH YOU:

Social:

- ☐ Catching up with a friend over a cup of coffee
- ☐ Participating in a community event
- ☐ Limiting time on social media
- ☐ Joining a club or group of interest
- ☐ Volunteering for a cause you care about

Emotional:

- ☐ Gratitude journaling
- ☐ Enjoying a cup of tea and reflection
- ☐ Reading a book
- ☐ Listening to your favourite music
- ☐ Having a good cry when needed

Sensory:

- ☐ Lighting a scented candle
- ☐ Having a day spa at home
- ☐ Enjoying the warmth of sunlight for vitamin D
- ☐ Listening to natural sounds (like rain or waves)
- ☐ Trying out new textures or crafts

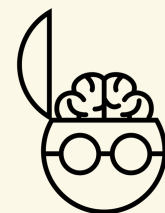
Physical:

- ☐ Morning exercise routine
- ☐ Bubble bath
- ☐ Healthy snack
- ☐ A walk in fresh air
- ☐ Yoga
- ☐ Stretching

Mental:

- ☐ Learning new things through a short course or workshop
- ☐ Solving puzzles or playing strategy games
- ☐ Setting boundaries to ensure personal time \$2
- ☐ Practicing mindfulness or meditation \$2
- ☐ Decluttering your space for mental clarity \$1

MAKING YOUR SELF-CARE



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MENU

STEP BY STEP GUIDE:

1. **Divide your menu** into “Everyday Self-Care” for regular practices and “Emergency Self-Care” for tough days. The templates below have been labelled as temporary and everyday if you would like separate menus.
2. **List of Self-Care Ideas:** Compile a list of self-care activities. Include a mix of quick things for busy days and longer activities for when you have more time.
3. **Variety and Balance:** Ensure your menu includes a variety of activities that cater to different aspects of your well-being. Balance is key; mix physical activities with mental relaxation and social connections.
4. **Flexibility:** Remember, your self-care menu isn’t set in stone. Feel free to adjust it, adding new self-care ideas or removing ones that no longer serve you.

EVERYDAY VS EMERGENCY

Everyday practices:

These should be activities you can easily integrate into your daily routine. Incorporate simple practices like words of affirmation, or enjoying a healthy snack.

Emergency self care:

Identify activities that provide extra comfort on challenging days, such as watching your favorite movie, calling a loved one, or practicing deep breathing exercises.

IMPLEMENTING YOUR MENU

1. **Start Small:** Begin with easy steps that can fit into your routine like a five-minute meditation each morning or a short walk during lunch.
2. **Listen to Your Body and Mind:** Pay attention to what you need each day. Some days you might need more physical activity, while on others, mental rest could be more beneficial.
3. **Be Flexible:** Your self-care needs will change over time. Be open to adapting your self-care practices as needed.
4. **Daily Integration:** Aim to incorporate at least one self-care activity from your menu each day. This helps in forming lasting habits.
5. **Reflect and Adjust:** Regularly reflect on how your self-care activities are impacting your well-being. Adjust your menu based on what brings you the most peace and fulfillment.

OPEN

EVERY
DAY

SELF-CARE MENU

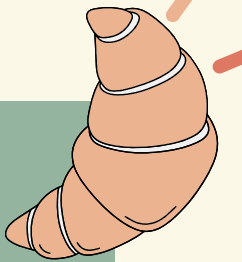


THE BEST TASTE IS HERE

PHYSICAL



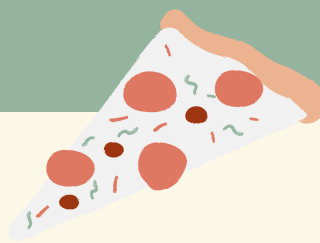
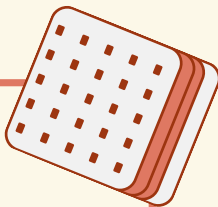
MENTAL



SENSORY



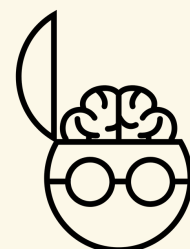
SOCIAL



EMOTIONAL

DRINK

Water	\$1
Tea	\$2
Hot chocolate	\$2
Smoothie	\$2



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OPEN

IN
EMERGENCIES

SELF-CARE MENU

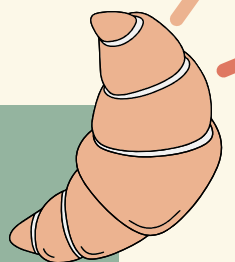


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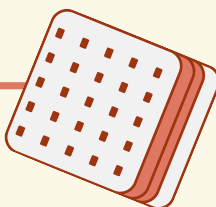
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SENSORY



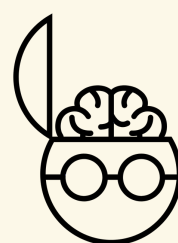
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