

# Self care ideas

For me:

For others:

# Benefits of self-care

- 1. Self-care can reduce stress and anxiety.
- 2. Self-care can boost your self-esteem.
- 3. Self-care can benefit everyone around you.
- 4. Self-care can lead to better relationships.
- 5. Self-care protects your mental health.
- 6. Self-care can improve your physical health.

Even small acts of self-care in your life can have a big impact.

Daily:

Weekly:

Monthly:

**Relaxation Destination**  
You can create a safe  
'Relaxation Destination' in  
your imagination.

## Glitter jar

1. Add cold water to your clear bottle or jar – with room to add the glitter/glue/food dye.
2. Add clear glue to the jar
3. Add in your chosen glitter to the jar, use a mixture of fine and chunky glitter.
4. Add 2/3 drops of food colouring – don't add too much or it will be hard to see the glitter.
5. Secure the lid and shake it! Watch the glitter slowly fall to the bottom of the jar.

## Describe your destination

Who:

What:

Why:

## Breathing techniques

Repeat these as many times as necessary until you feel calm and collected.

**Butterfly:** Cross your hands across your chest, with your middle fingers resting on your collarbones. Raise your elbows to create your butterfly wings. Slowly tap hands on your chest, alternating left and right. While tapping, breathe in through your nose and exhale through your nose until you start to feel some relief.

**Rainbow:** Close your eyes and begin to exhale while moving your finger along the imaginary rainbow in front of you. Once you reach the end of the invisible rainbow, exhale moving your finger from right to left.

**Cake Candles:** Hold your hand up in front of you. Take a slow breath in through your nose, and let it out through your mouth, as if you're blowing out all the candles on your next birthday cake! Blowing out each candle at a time.

**My favourite is:**