

“Talk to yourself like you would
to someone you love.”

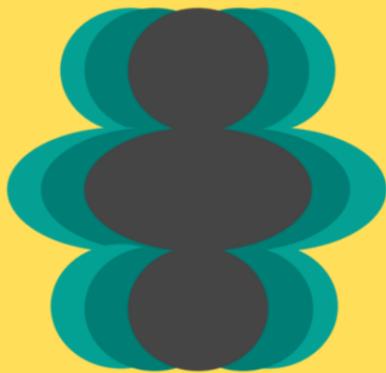
Brené Brown

“We cannot direct the wind, but
we can adjust the sails.”

Dolly Parton

SELF CARE SHOULDN'T BE A PUZZLE

7 Pieces of Self Care



SILENT NO LONGER TN

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WHAT IS SELF CARE?

Self-care is any necessary human function which is deliberate and self-initiated.

WHY IS IT IMPORTANT?

Practicing good self care gives our bodies and minds the ability to better cope with daily stressors in a manner that lets us maintain good physical and mental health.

WORLD HEALTH CARE ORGANIZATION:

“The ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.”

EXAMPLES OF SELF CARE:

Take a hot shower or bath
Deep breaths of fresh air
Cuddle with your pet
Burn a scented candle
Listen to music
Take a walk
Journal
Plant/tend a garden
Pick flowers
Shoot hoops
Do a craft/art project
List things you are thankful for

MAKE A SELF CARE PLAN

List 3 or 4 things you can do to help you maintain healthy physical, mental, spiritual, psychological health. Do at least one every day. List possible obstacles and plan strategies to overcome those obstacles.