

Self-Care Post Cards

For Your Sexual Health

Made with love by Youth Speak

Stories and self-care ideas adapted from
workshops, curated by Celeste.

**PLANNED
PARENTHOOD REGINA**
SEXUAL HEALTH EDUCATION CLINIC



Physical Health

Ensure good sleep hygiene
- aka know your body,
and REST.

Have sex.

Dance.

Move your body.

However FEELS good to it.

Not to change it, just to feel it.

Eat. For Energy. For
nourishment.

Take a shower.

Brush your teeth.

DRINK WATER.

Go outside and
PLAY.



Dear Body,

Today in sex ed we learned about self-care. We were talking about ways to take care of ourselves, and everyone was talking about hygiene and exercise.

While those things might be important sometimes, I believe that it is also important to listen to your - my body. We know that what's right for others isn't always right for you.

It's like how some people swear by veganism, while others claim that keto is the way to go.

It's all so personal.

So I will promise to take care of you in the way that feels the best. Whether that's eating greens, or laying on the couch.

We'll be together for a long time, so I got your back, if you got mine.

Sincerely, Me

Go to
school.

Share stories.

Take a break.

Learn good
communication skills.

Mental Health

Sleep.

Talk to people.

Dispell myths,
and share facts.

LISTEN.

Go to the library.



Dear Brain,

It might seem funny to talk about you when we're talking about sexual health, but don't let anyone tell you that you are not important when it comes to taking care of our bodies and their needs.

You are the control system, and I believe that what gets put into you will deeply affect how I act, move, feel and love.

I know that when we share our thoughts, you feel safe. And therefore, my body can relax. We all work together to grow and heal.

So, I promise to feed you good knowledge and figure out the facts. I promise to talk to people who I trust about the things that scare, and worry you.

We will keep learning, and healing, together.

Sincerely, Me

Emotional Health

Sleep.

DANCE!

Get into nature.

*Speak kindly
to yourself.*

Cry.

Talk to your friends.

*Sing,
loudly.*

Treat yo'self.

Cuddle with a pet.

Bubblebath.



Dear Heart,

I know that sometimes I don't want to talk about you. Sometimes I want to pretend that you don't feel anything - because that's easier.

But, I have learned that talking about things can help. And if I'm kind to myself, you do heal. And then you help lead me to safer, more pleasing situations.

I promise to continue to hold you close, and keep you as safe as I can. I promise to rest, and slow down when the world is too much for you.

Sincerely, Me

Talk to your
ancestors.

Spiritual Health

Be present. Smudge. Pray.

Look at the moon. Go to a sweat lodge.



Experience
nature.

Take a break
from your phone,

Chant.

Go to a pow wow..

Meditate.

Dance.

Talk to your elders.

Have sex.

Dear Soul,

Sometimes feel sad for you - because I know that people don't always think that you are real, or they forget about you, because they can't see you. But I know that you are real, and I know that you are just looking for connection and meaning.

And I know that you get that in different ways.

Sometimes we need to go dancing, and other times I need to go watch the sunset. I know that the ocean soothes you - but living in the prairies means that's not always possible.

For some, a connection to religion and culture can be healing - even, and maybe especially, in terms of sexuality and sexual health. These things are so connected.

Together, we are just looking for the reason we are still here, and what happens after. I think, together, we can find that,

Sincerely, Me