



LOOKING AFTER YOURSELF

BUILD YOUR OWN SELF- CARE KIT

There are 1440 minutes in a day, take at least 30 minutes every day and choose something out of your selfcare kit to do. You can use all or some of the list below or make your own from scratch.

First find yourself an empty box or basket (shoe boxes are ideal) or store your self- care all in one place on your phone.

Decorate your box

Think about the things that make you smile, remind you of good memories, keep you calm and help you Possible things for your self-care kit

- Colouring book & pencils - helps to unwind and focus the here and now
- Quiz book
- Favourite film
- Write your own personal playlist of upbeat music then create one on your phone, the list is just there to remind you
- Favourite Games
- Favourite bubble bath or shower gel to help you relax
- Photographs, pictures of places and people and things that matter to you
- Memories tickets to events or places you have visited
- Favourite Chocolate
- Write a list of things to do outside to keep you active e.g take the dog for a walk
- Notebook
- Contact and phone numbers of people that make you feel happy .. go on get in contact!
- Candle
- Pamper yourself - Why don't you have a go at making a face pack
- Cuddly item for when you need something to cuddle
- Write down your favourite meal
- Look up 4 beginners yoga poses and write them down or put the link down on paper, do each one for 5 mins
- Write a positive quote that you love