SELF CARE BOOK
Color your body

Pick one color and mark places on your body that feel tension.

Pick one color and mark places on your body that feel relaxed.
Write a letter to a friend who is having trouble making new friends. Ask yourself “What can I do to help?” What would you say to encourage your friend?

Erase your friends name and write your name, and read the letter you wrote to yourself instead!
The self care wheel helps us identify areas in our life that support our well-being. We’ve included a few examples below and hope they inspire you to pick and choose what will work best for you.
The self care wheel helps us identify areas in our life that help us replenish ourselves when we are feeling stressed out. Fill your outer circle with your selections from the previous page and your inner circle with activities for reach area.
Self Care Ideas

Use up five minutes of your time each hour goofing around

Create art using a coloring or drawing book

Learn how to play a new board game

Believe it or not, cleaning your room helps to calm you down

Spend ten minutes each day doing sit ups, push ups or planks

Turn off your smart phone

Go on a bike ride with your friends

Learn to cook simple meals like pizza or learn to make a peanut butter and jelly sandwich

Dance to fun music

Grow a small plant or garden in your home

Get plenty of rest

Take a relaxing shower or bath

Write in your journal
Journal Prompts

What advice do you give to your future self?

Describe your dream day.

Who is someone you look up to now?

What makes you happy?

Write a letter to your favorite grown up.

What do you like most about yourself?

What is something new you want to try?

What is your proudest moment so far?
Grounding Exercise

Find a spot to sit or stand still, take a breath, and use the following prompts to observe your surroundings and ground yourself.

5 Things You Can See

4 Things You Can Feel

3 Things You Can Hear

2 Things You Can Smell

1 Thing You Can Taste
Take a deep breath!
If you feel stressed or need to refresh yourself, deep breathing is a great way to feel more calm and relaxed.

4-7-8 Breathing

Breathe in for 4 seconds

Hold Breath for 7 seconds

Breathe out for 8 seconds

Repeat to feel very calm!
"The time is always right to do right." MLK Jr.
If someone were to write a book about you, what would the title be?

What kind of book is it?
Say something nice to yourself everyday with a positive affirmation!

- I am proud to be Black.
- I am a leader
- I am kind to others
- I am brilliant
- I make a difference
Write your own positive affirmations!
An older adult in my life

What's their name:

How do you know them:

Write an acrostic poem to them about what reminds you of them:

(Foods, Smells, Toys, Clothes, Places, Actions, Activities, Events or anything else!)
Ask an older adult to explain how the following items worked:
Things I can say to advocate for myself

I need your help with ___

I want ___

I like ___

It helps when ___

I need ___

It’s helpful when ___

I don’t like that.

I can’t do that.

I’m having a hard time right now.

I’m confused about ____. Can you help me?

I lost focus. Can you repeat the question?
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