

ART THERAPY RESOURCES



★ *Self-Care Activities*

PHYSICAL SELF-CARE

- Eat healthy food regularly to maintain energy
- Exercise regularly - pay attention to stretching regularly if you sit for long periods of the day
- Attend to health issues when they arise.
- Take holidays/vacations regularly
- Pamper yourself with massages, manicures, etc
- Participate in a fun activity with a partner
- Get enough quality sleep
- Find an activity connected with nature

MENTAL SELF-CARE

- Take "mental health" days to escape
- Detach from electronic devices
- Self-reflect through journaling
- Meditate on your thoughts, emotions, and beliefs
- Engage in a fun hobby (gardening, cooking, sport)
- Read fiction or non-related non-fiction
- Attend social events - concert, sport event, movies
- Conduct a stress assessment of your life
- Conduct a commitment assessment of your life
- Create a digital inspiration kit containing favourite songs, positive quotes, TED talks, podcasts etc

EMOTIONAL SELF-CARE

- Spend time with family and friends
- Read light hearted books
- Watch comedy movies
- Engage in activities that provide comfort
- Physically experience emotions through crying and laughing
- Channel anger and frustration through action such as exercise, journaling, protests, petitions etc
- Use mindfulness to meditate on your emotions
- Be mindful of bodily aches and pains that may connect with an emotional experience
- Identify your emotional triggers
- Implement a practice of gratitude

RELATIONSHIP SELF-CARE

- Take recreational time with partner or spouse
- Take recreational time with children
- Take recreational time with friends
- Connect with older relatives
- Spend time with animals
- Engage in social activities with groups
- Rely on support from friends and family
- Ask for help when you need it
- Do any of the above mentioned physical, psychological and emotional self-care activities with family or friends

TIPS

The above list of suggested activities may appear overwhelming and if you are currently feeling pressure in other areas of your life, you may view the above list as yet another to-do.

Just pick one simple thing to do. Make your plan for self-care an easy win by choosing an activity with limited barriers. Make the activity short in time and limited in difficulty. Once you have achieved that level of self-care, use that achievement as inspiration to pursue other activities.