



**TAKE
TIME for
your
SELF**



Self Care Reminders



EXAMPLES OF **MENTAL** REST

- Mindfulness
- Meditation
- Day dreaming
- Getting absorbed in something you love (flow)
- Escapism, e.g. gaming, reading



EXAMPLES OF **SENSORY** REST

- Silence
- Closing your eyes
- Being in nature
- Turning off screens/all tech
- Self-care, e.g. eating healthy foods

The background of the slide is a purple field with wavy, darker purple lines. At the top and bottom, there are illustrations of sheep and owls. Some sheep are sitting on blue, fluffy clouds and wearing blue eye masks. Some owls are wearing blue nightgowns and hoods. There are also several white mugs of coffee with steam rising from them, and several green alarm clocks. The overall theme is relaxation and rest.

EXAMPLES OF **PHYSICAL** REST

- Lounging on the couch
- Relaxation
- Sleep
- Deep breathing
- Gentle stretching
- Gentle massage



EXAMPLES OF **EMOTIONAL** REST

- Meditation
- Going on holidays
- Exercising
- Routines (these put us in auto-pilot neutral)
- De-stress by doing things you enjoy



EXAMPLES OF **SPIRITUAL** REST

- Meditation
- Praying
- Journaling/storytelling
- Engaging in rituals
- Spending time in nature





EXAMPLES OF **SOCIAL** REST

- Setting boundaries with friends
- Cancelling plans
- Alone time
- 'Me' time
- Hanging with your pet



EXAMPLES OF **CREATIVE** REST

- 'Wasting time'
 - Doing nothing
 - Being alone with your thoughts
 - Creating to express and enjoy, rather than achieve, e.g. improvise a new song for your ears only
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