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Source: https://kidshelpline.com.au/teens/issues/self-care

Self Care

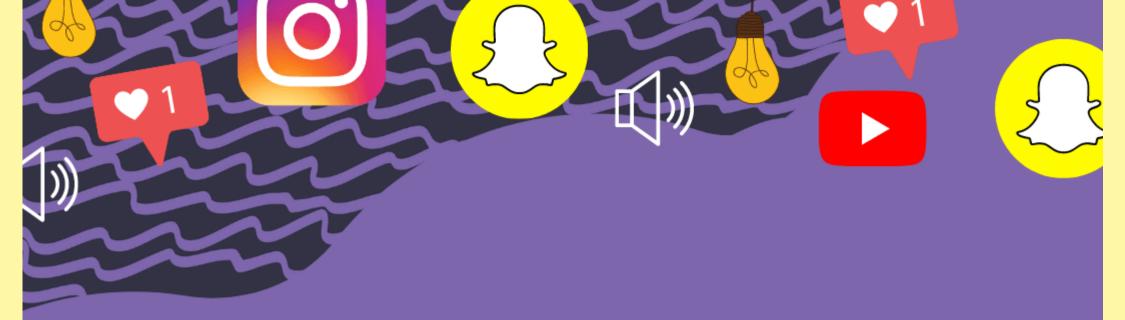




## EXAMPLES OF MENTAL REST

- 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





EXAMPLES OF PHYSICAL REST • Lounging on the couch • Relaxation • Sleep • Deep breathing • Gentle stretching • Gentle massage

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# EXAMPLES OF EMOTIONAL REST

- Meditation
- Going on holidays
- Exercising

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- Routines (these put us in auto-pilot neutral)
- De-stress by doing things you enjoy

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# 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

