

Self care during COVID-19

Self care is about doing things to care for yourself, things that make you feel good and help your mental health. Ensuring you make time to do this is really important.

Why not try filling out the boxes below to plan how you can make self care part of your daily routine?

Something I can do everyday that is good for my mind:

**Do I have a good bedtime routine?
Yes or No**

How can I make it better?

Things that calm, comfort and reassure me:

Something I can do everyday that is good for my body:

What might get in the way of self care?

Self care ideas:

Put down your phone.
Practise meditation.
Get creative.
Have a pamper day.
Go for a walk.
Do some exercise.
Talk to a friend.
Write down positive affirmations.
Get out in nature.

Negative strategies I need to avoid?