

You Deserve Healing and Happiness

## THINGS THAT MAKE ME HAPPY



## PEOPLE WHO UPLIFT OR INSPIRE ME



### SELF-CARE

#### You Deserve It!

Self-care involves doing things to take care of your mind, body, and soul. Engage in behaviors that promote well-being, reduce stress and make you happy!

### **SELF-COMPASSION**

### **Be Kind To Yourself**

Self-compassion involves relating to yourself in a way that's forgiving, accepting, and loving, even when you fail or make mistakes. It's treating yourself as you'd treat a good friend.

WAYS I WILL BE KIND TO MYSELF

# Write a Self-Compassion Letter

### **Today's Date**

Dear Self,

#### Instruction

First, identify something about yourself that makes you feel ashamed, insecure, or unworthy. It could be something related to your personality, behavior, abilities, relationships, or any other part of your life.

Next, write it down and describe how it makes you feel. Sad? Embarrassed? Angry? Try to be as honest as possible.

Imagine that there is someone who loves and accepts you unconditionally for who you are. What would that person say to you about this part of yourself? Write to yourself expressing compassion, understanding, and acceptance.

> **Sincerely,** (Your Name)

# C? "Feel Better" Activities

Instruction	THINGS I DO WHEN
Fill these spaces	I'M SAD
with your favorite	
activities. Try to remember them	
when you're not	
feeling your best.	
MY FAVORITE	
Favorite Movies	THINGS I DO WHEN
	I'M BORED
Favorite Places	
	THIS YEAR I'M LOOKING
	FORWARD TO
Favorite Games	

**30 Self-Care Challenges** 

CZ

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Stretch all your muscles	Drink more water	Go for a walk in nature	Indulge in your favorite treat	Go to bed earlier
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Listen to your favorite song	Do Breathing Exercises	Take a nice bubble bath	Cook your favorite meal	Exercise
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Go on a solo date	Journaling	Give yourself a facial	Practice gratitude	Try a DIY Project
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Watch the sunrise	Read a book	Try something new	Watch your favorite movie	Give yourself a manicure
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Call a good friend	Relax and do nothing	Write out your goals	Organize your closet	Watch the sunset
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Give yourself a break	Learn a new skill	Give yourself a compliment	Watch a funny video	Drink plenty of water