

# SELF-CARE TOOLKIT

# 30 DAYS OF SELF-CARE

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01

*self-care  
journey*

02

*I am grateful  
for...*

03

*coloring page*

04

*comforting  
exercise*

05

*coloring page*

06

*take a  
mindful  
minute*

07

*coloring page*

08

*breathing  
exercises*

09

*coloring page*

10

*check-in with  
yourself*

11

*coloring page*

12

*self-care list*

13

*coloring page*

14

*worry jar*

15

*coloring page*

16

*setting  
healthy  
boundaries*

17

*coloring page*

18

*where do I  
feel?*

19

*coloring page*

20

*so much on  
my mind...*

21

*coloring page*

22

*day by day*

23

*coloring page*

24

*check-in with  
your body &  
heart*

25

*check-in with  
your mind &  
environment*

26

*exploring  
your  
relationships*

27

*coloring page*

28

*in control*

29

*coloring page*

30

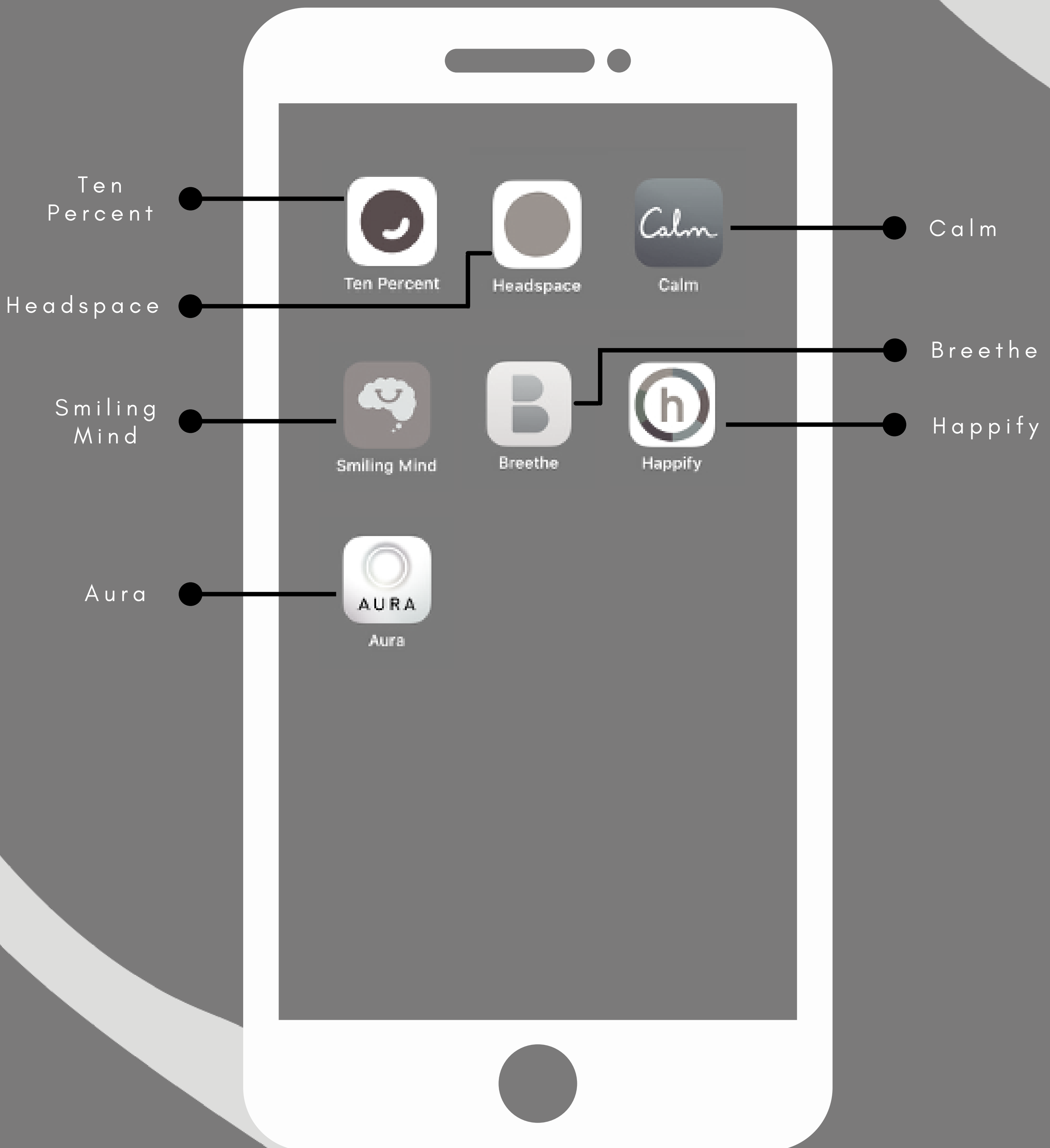
*what is  
forgiveness?*

# what is self-care?



Self-care is important to maintaining a healthy relationship with ourselves. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both ourselves and others that our needs are valid and a priority.

# SELF-CARE APPS





# TYPES OF SELF-CARE



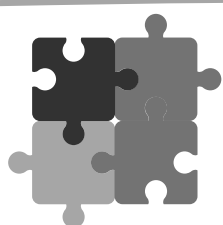
**Physical** Activities you do that improve the well-being of your physical health.



**Emotional** Activities that help you connect, process, and reflect on a full range of emotions.



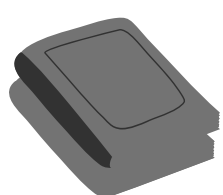
**Spiritual** Activities that nurtures your spirit and allows you to think bigger than yourself. Spiritual self care does not have to be religious, although for some it is.



**Professional** Managing school/work schedules & taking breaks



**Psychological** Any activity that stimulates your mind or your intellect.



**Personal** Learning about yourself & taking breaks

## Physical

Safe housing,  
Eat healthy,  
Get enough sleep,  
Take time off,  
Turn off cell phone  
Bubblebaths,  
Take a walk,  
Get "me" time

## Emotional

Affirmations,  
Self-love,  
Self-compassion,  
Cry, Laugh,  
Watch a funny movie,  
Find a hobby,  
Practice forgiveness,  
Cuddle with your pet

## Spiritual

Self-reflection,  
Spend time in nature,  
Find spiritual community,  
Self-cherish,  
Meditate,  
Sing, Dance, Play,  
Be inspired,  
Take yoga,  
Volunteer for a cause,  
Foster self-forgiveness

## Personal

Learn who you are,  
Figure out what you want in life,  
Plan short & long-term goals,  
Make a vision board,  
Get coffee with a friend,  
Just relax,  
Spend time with your family

## Professional

Take time for lunch,  
Set boundaries,  
Leave work at work,  
Do not work during your time off,  
Get regular supervision,  
Get support of colleagues,  
Learn to say NO,  
Take a class

## Psychological

Self-reflection,  
Therapy, Journal,  
Self-awareness,  
Aromatherapy,  
Draw, Paint,  
Relax in the sun,  
Garden,  
Join a support group,  
Think about your positive qualities,  
Practice asking & receiving help





I AM  
GRATEFUL  
FOR..

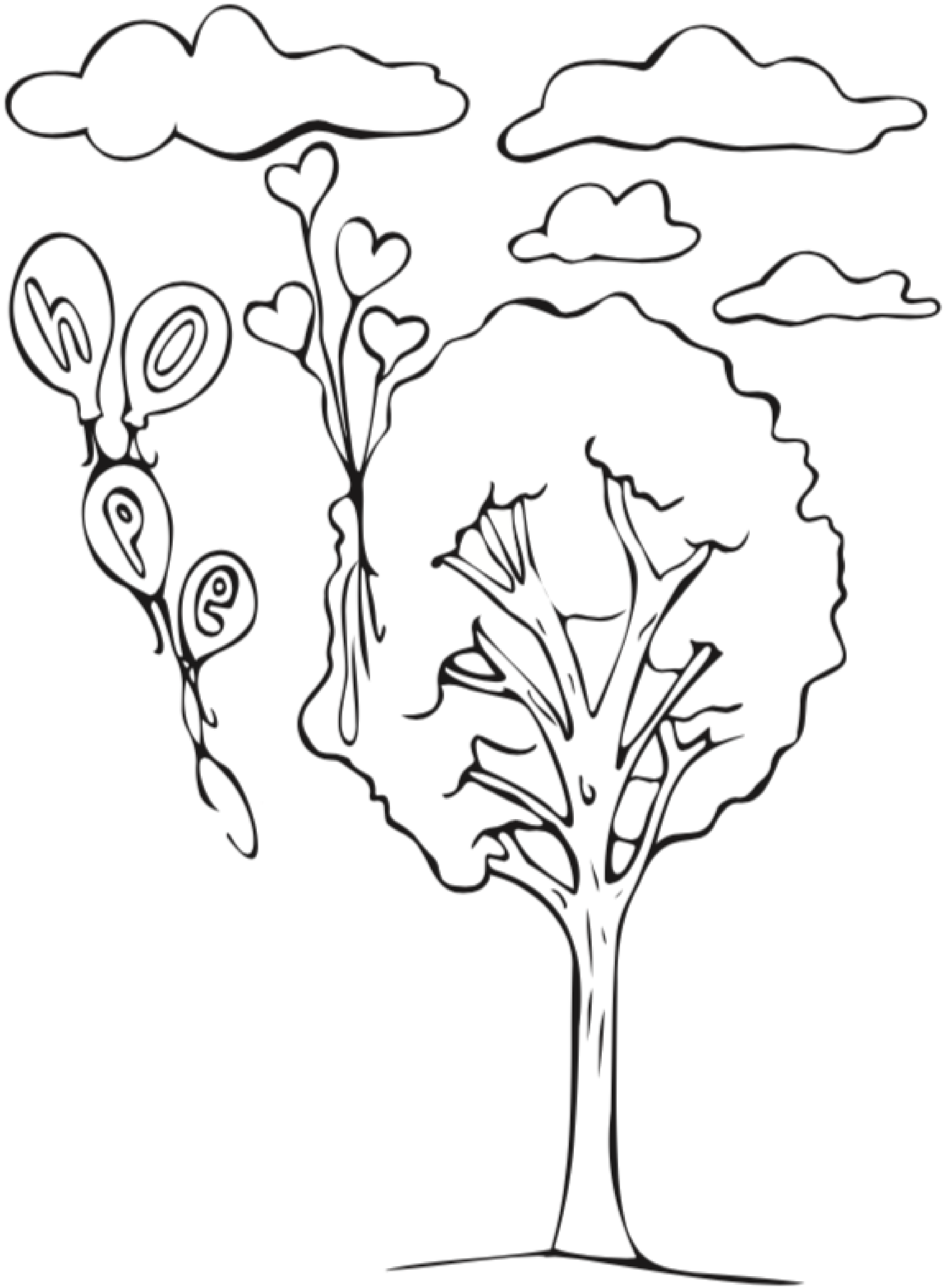
WRITE OUT/ DRAW WHAT YOU ARE GRATEFUL FOR TODAY!



FILL EACH BRICK WITH  
SOMETHING THAT IS

**comforting**

TO YOU!





THING  
YOU CAN  
*taste*



THINGS  
YOU CAN  
*smell*

TAKE A

# *mindful minute*

take some deep breaths  
and focus on:



THINGS  
YOU CAN  
*see*



THINGS  
YOU CAN  
*hear*



THINGS  
YOU CAN  
*feel*





# BOX BREATHING

breathe 4 seconds in  
through your nose

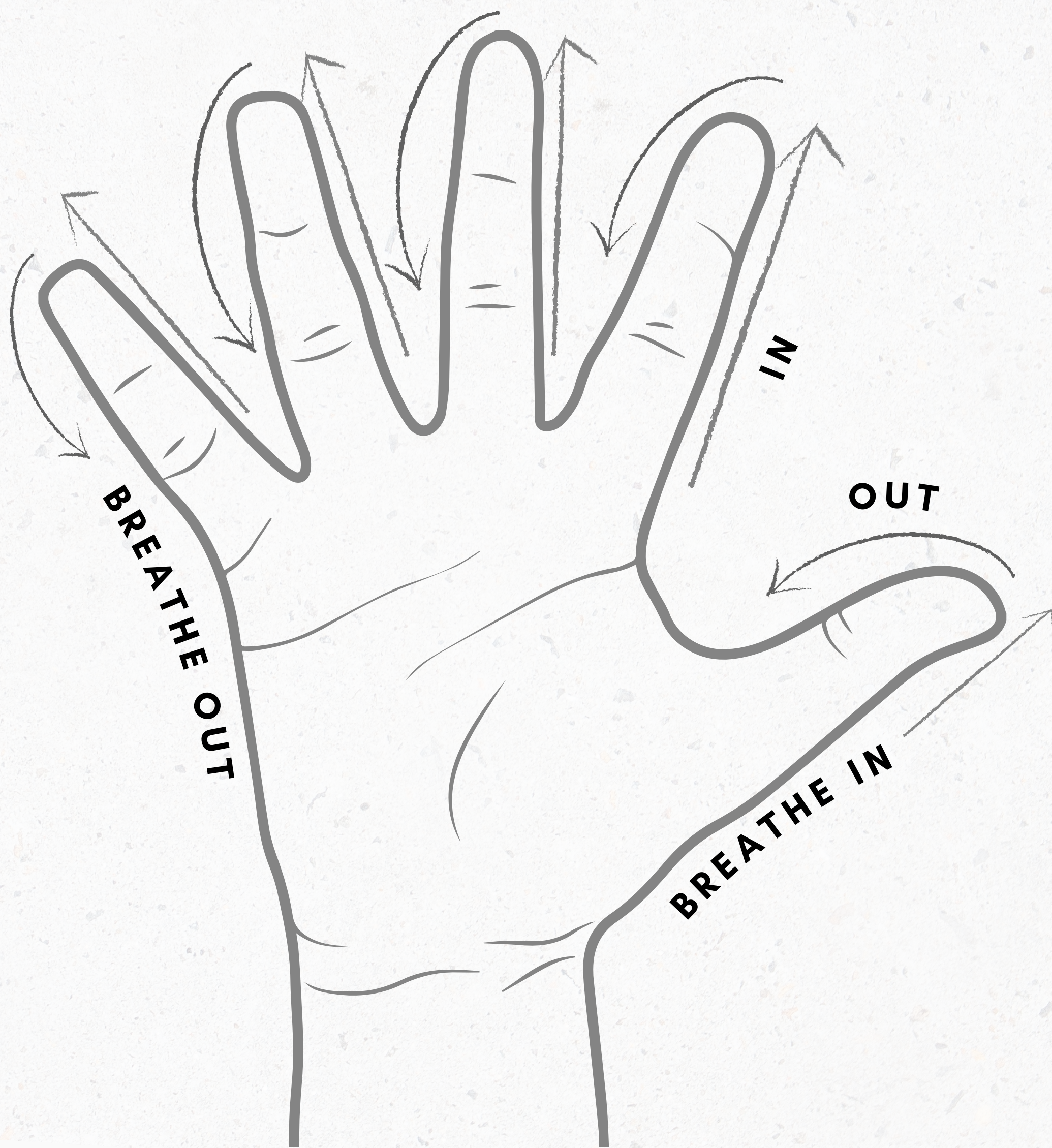


breathe 4 seconds out  
through pursed lips



# 5 FINGER BREATHING

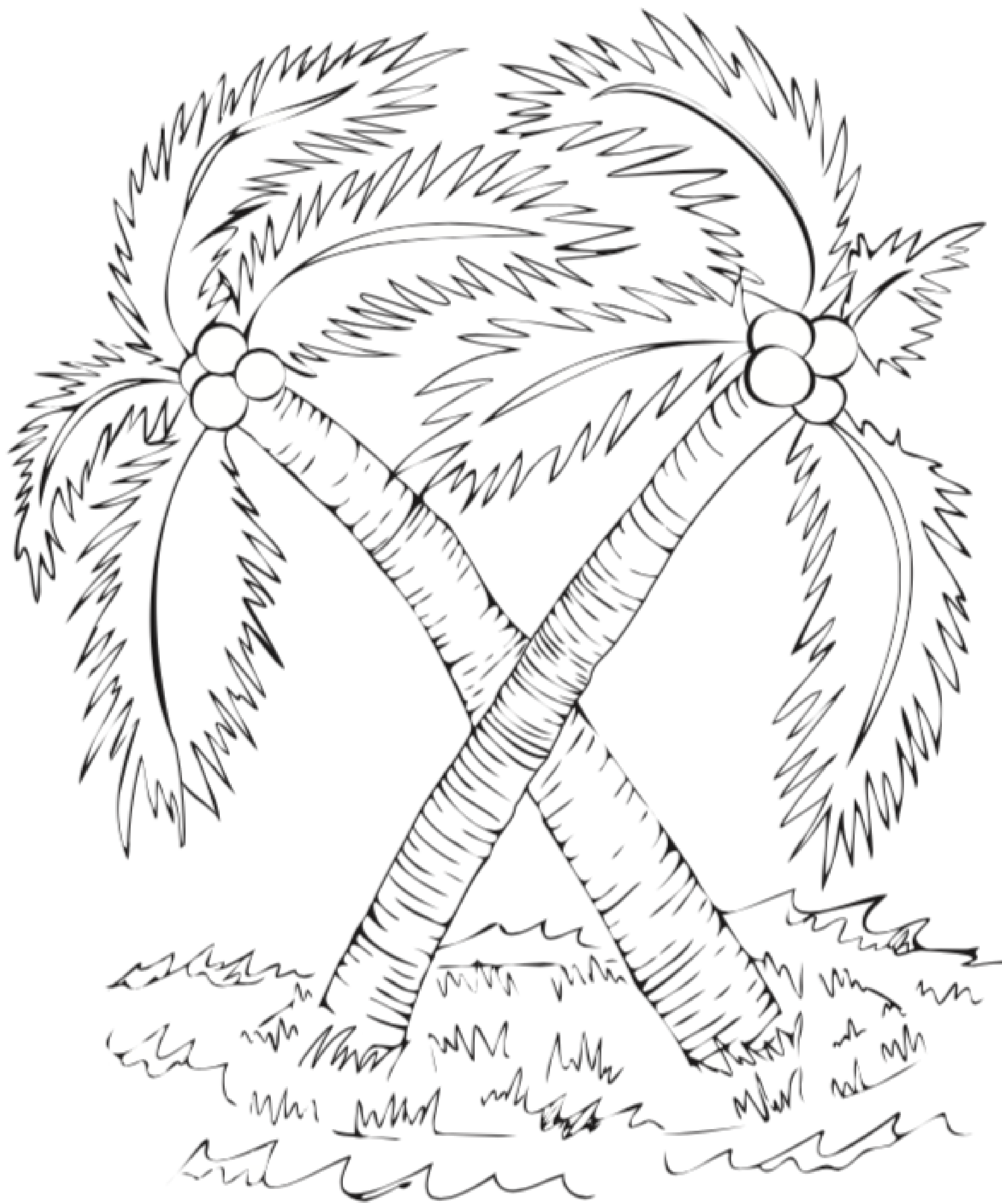
deep breathing using your hand











# Questions to Check-In with yourself

How am I feeling?

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What's working/not working?

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What do I need?

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What am I proud of?

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What can I let go of?

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*\*\*If this brings up difficult emotions, do you have a support system that you can reach out to?*



# Self-Care List

## Self-Care Things:

- 
- 
- 
- 
- 
- 
- 

## This makes me happy:

1.

2.

3.

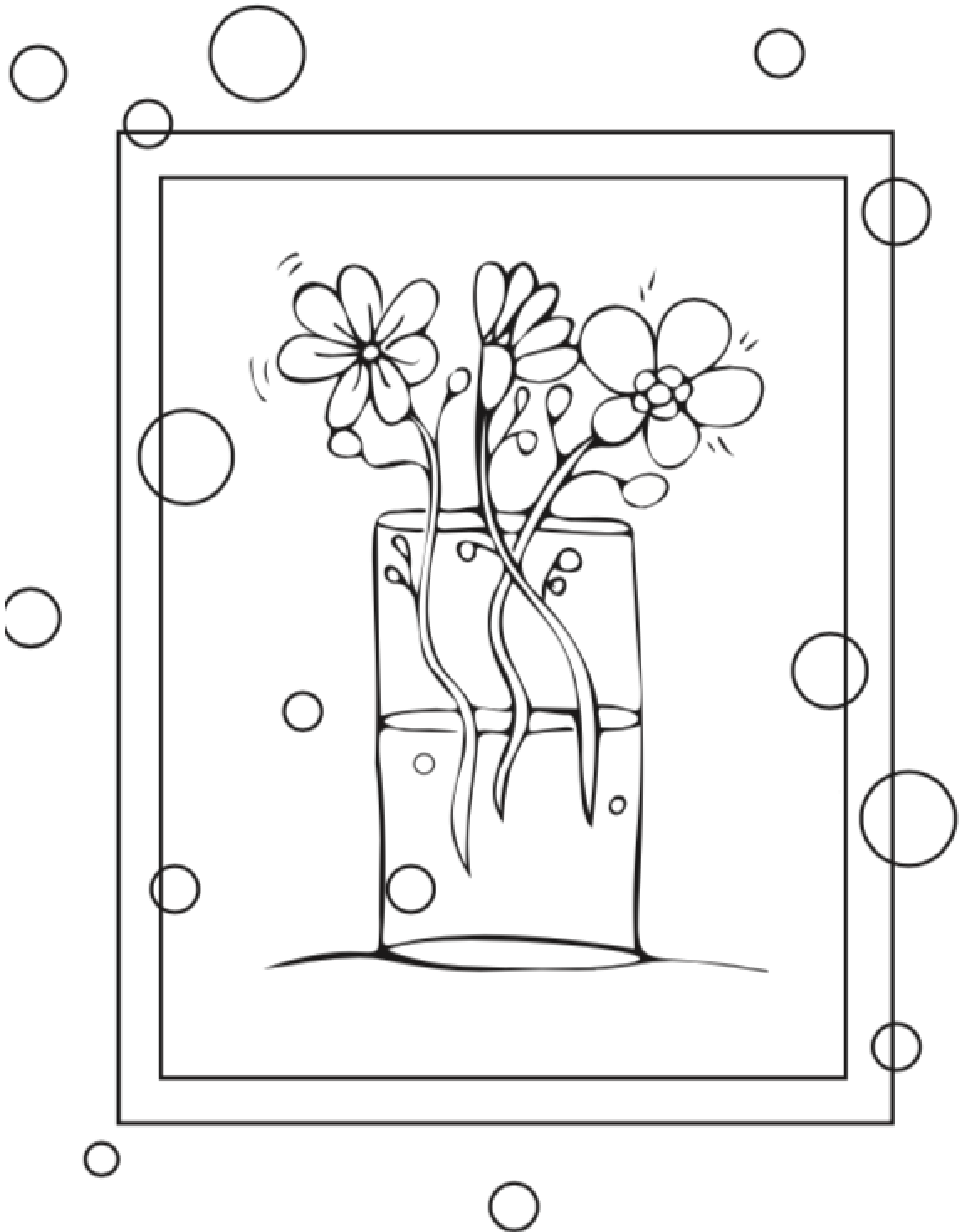
4.

5.

## Affirmations:

## Inspirations:



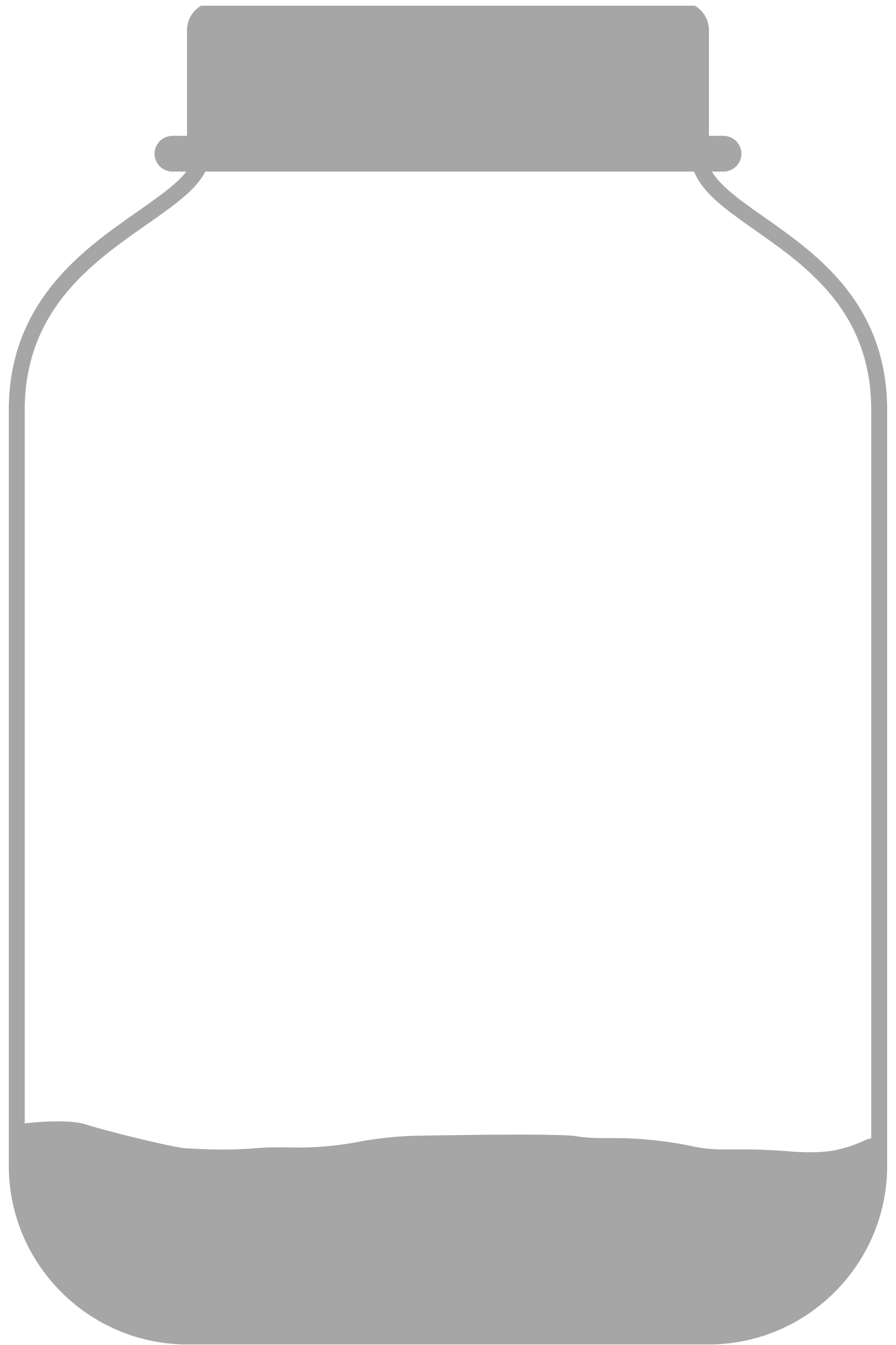


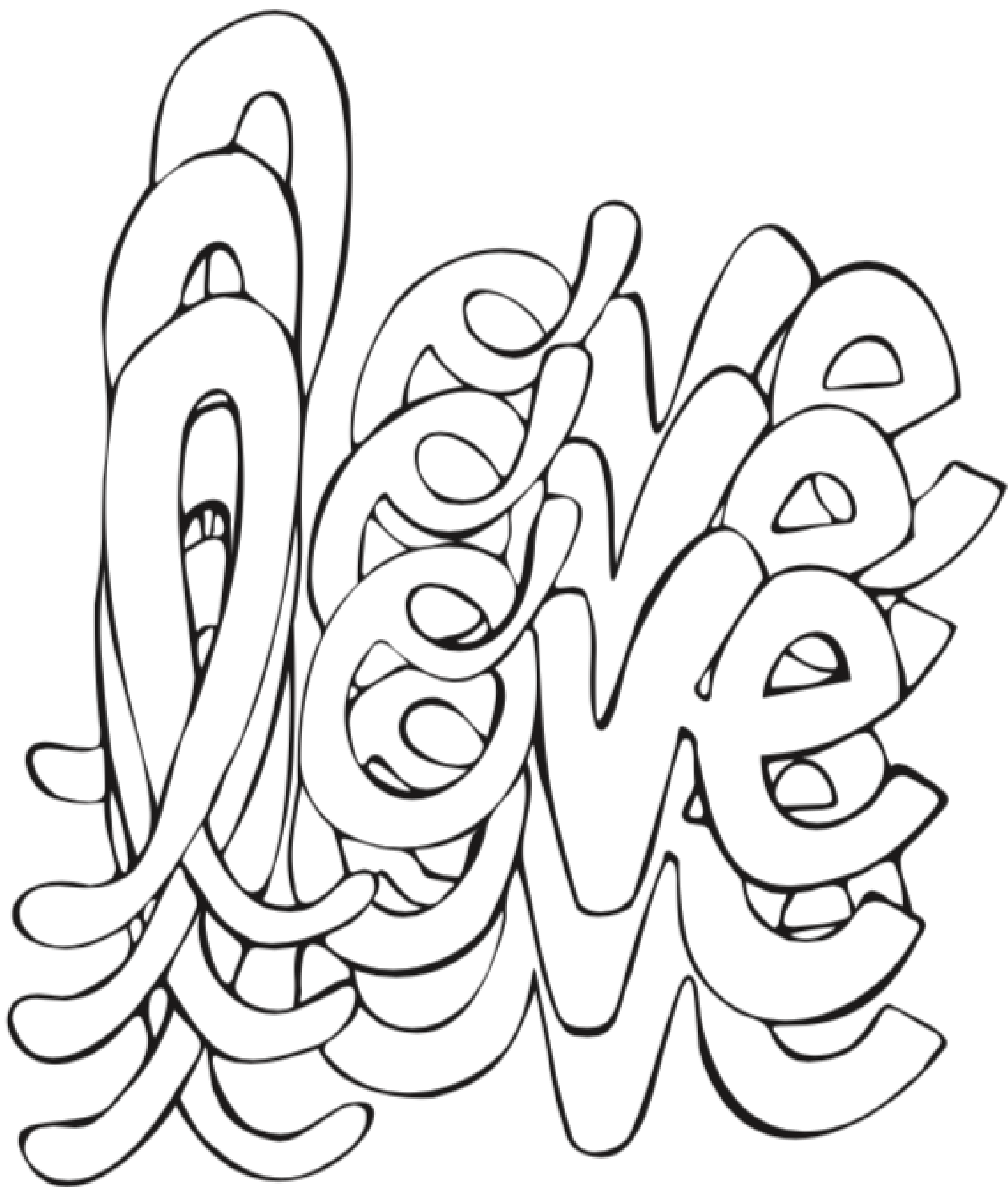
# Worry JAR



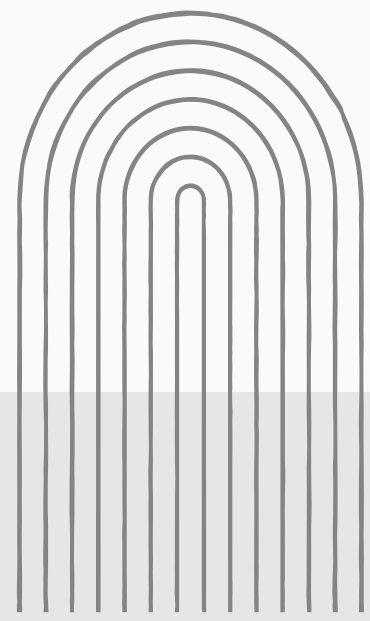
DRAW/WRITE OUT YOUR ANXIOUS  
THOUGHTS AND WORRIES IN THE JAR OR  
IN THE NOTE SECTION SO THAT YOU CAN  
GET THEM OFF OF YOUR MIND!

A vertical rectangular area with rounded corners, filled with horizontal lines for writing notes.





# what are boundaries?



Boundaries act like an invisible "barrier" between ourselves & others. They are limits in which we will not go and beyond which others are not welcome. They are basic guidelines that we can create to establish how others are allowed to behave around us.

It is healthy to have a good sense of where our feelings and opinions start & stop. Without boundaries, we can feel depleted, taken for granted, or intruded upon. Boundaries help us take care of ourselves by giving us permission to say NO to things, and not take everything on.

# My Boundaries

& how to establish them!

I will take  
care  
of myself  
first

I will  
communicate  
openly & when I  
need to

I will  
practice  
saying  
no

strategize  
how you  
will  
respond to  
boundary  
violations

I will not hold  
myself  
responsible for  
the things beyond  
my control

start  
small  
&  
build  
from  
there

I will stand  
up for myself  
if it is safe  
to do so

I will not  
let my  
happiness  
depend  
on other  
people

decide what  
your core  
values are

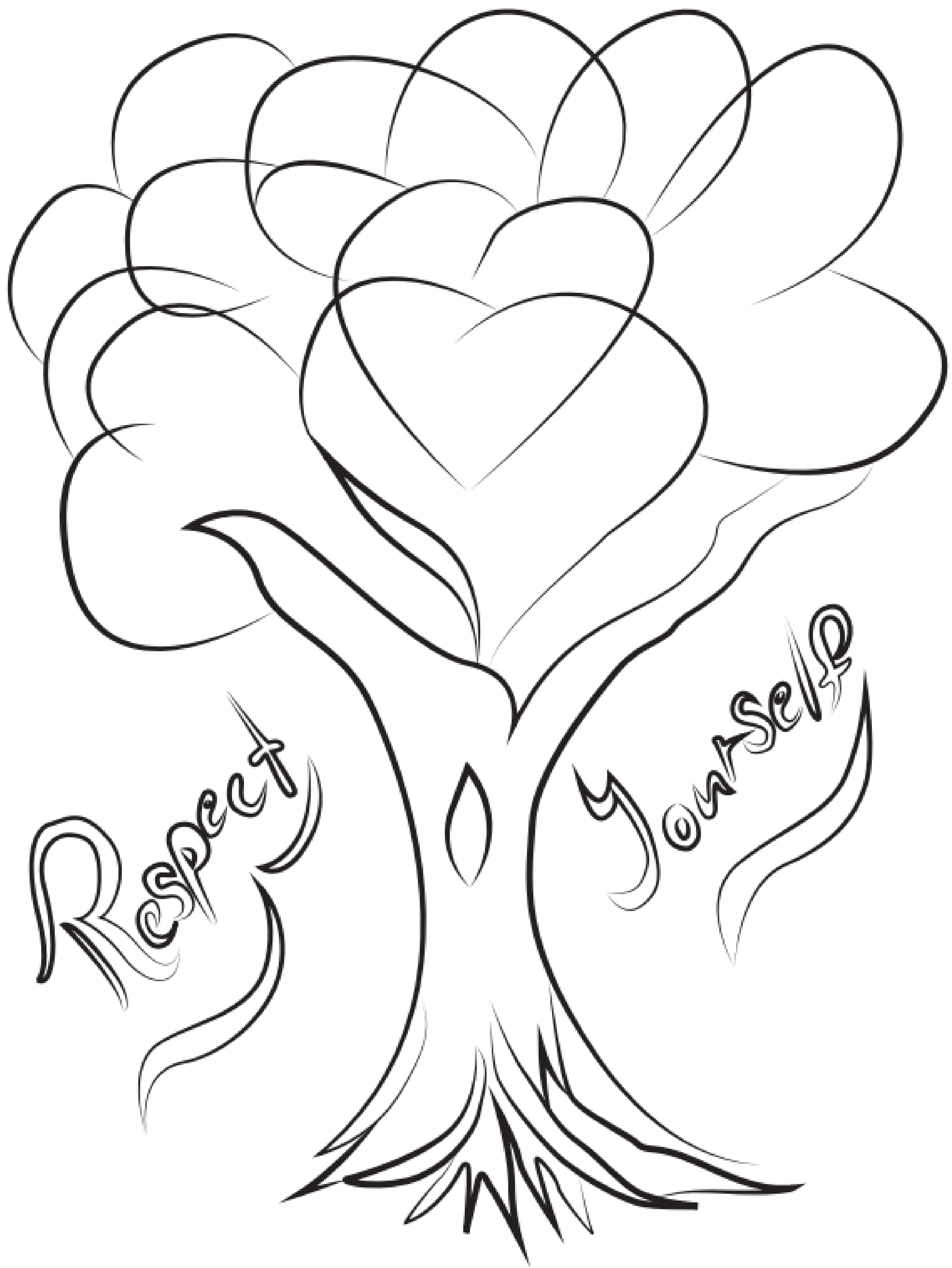
# SETTING HEALTHY BOUNDARIES

I STRUGGLE SETTING BOUNDARIES WITH THESE PEOPLE:

I FEEL MOST ANGRY WHEN THEY:

I STRUGGLE SETTING BOUNDARIES WITH THEM BECAUSE:

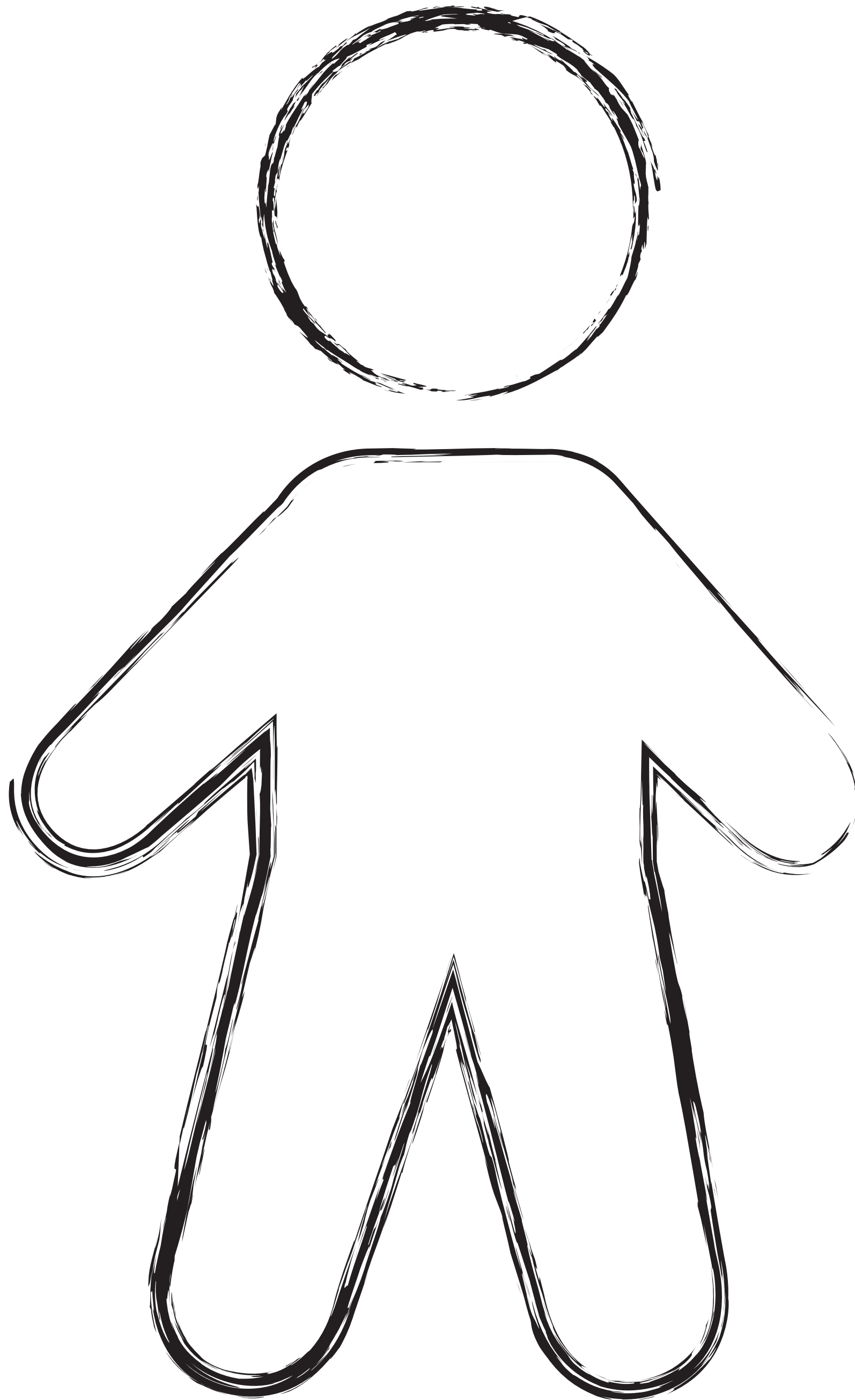
SPECIFIC ACTIONS I CAN DO TO SET BOUNDARIES WITH THEM:



# where do I feel?

WE CAN RECOGNIZE EMOTIONS BY FEELING THEM IN OUR BODY!

Color in where you feel each emotion in your body.



HAPPINESS

SADNESS

LOVE

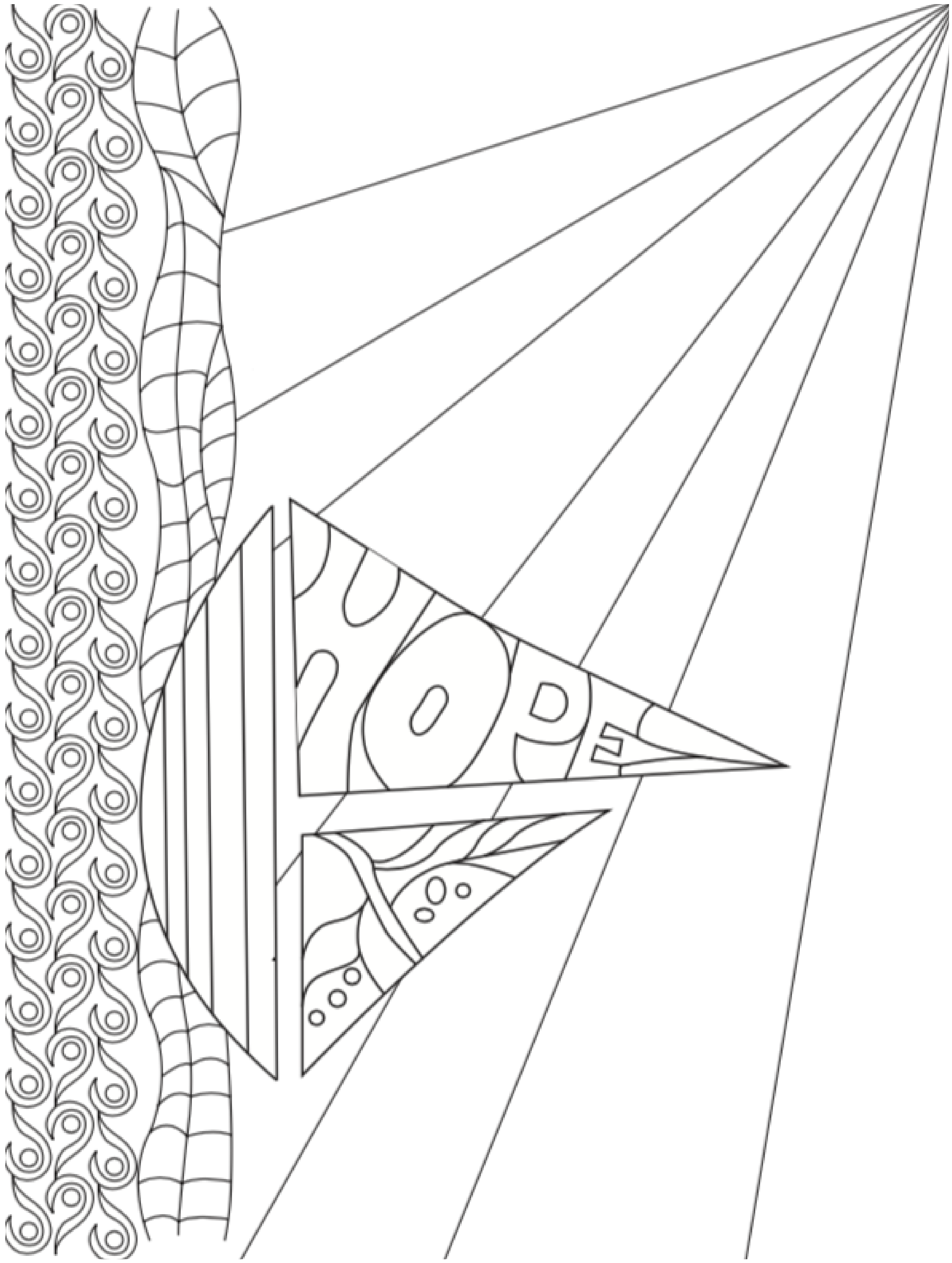
FEAR

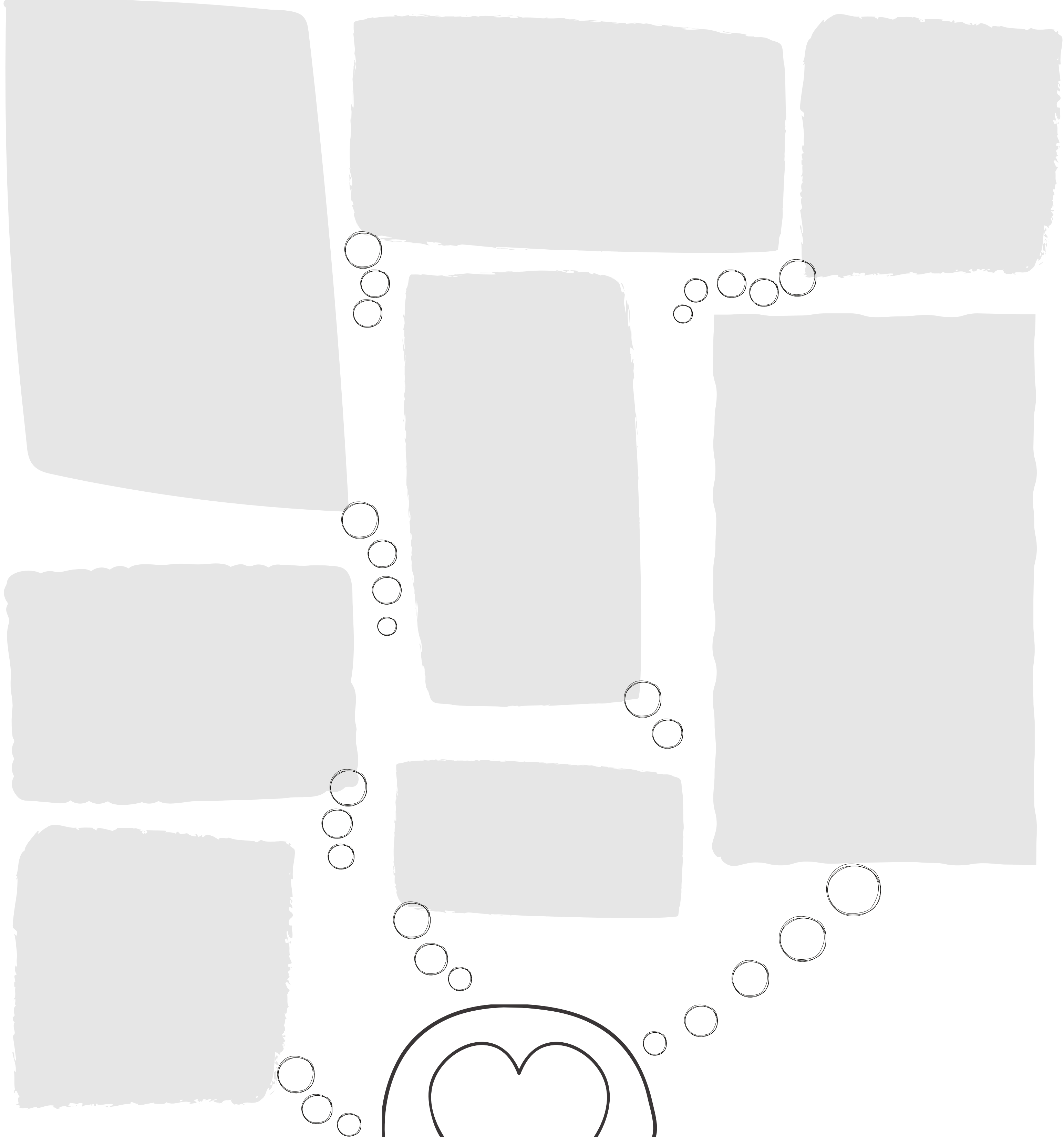
ANGER

COLOR:

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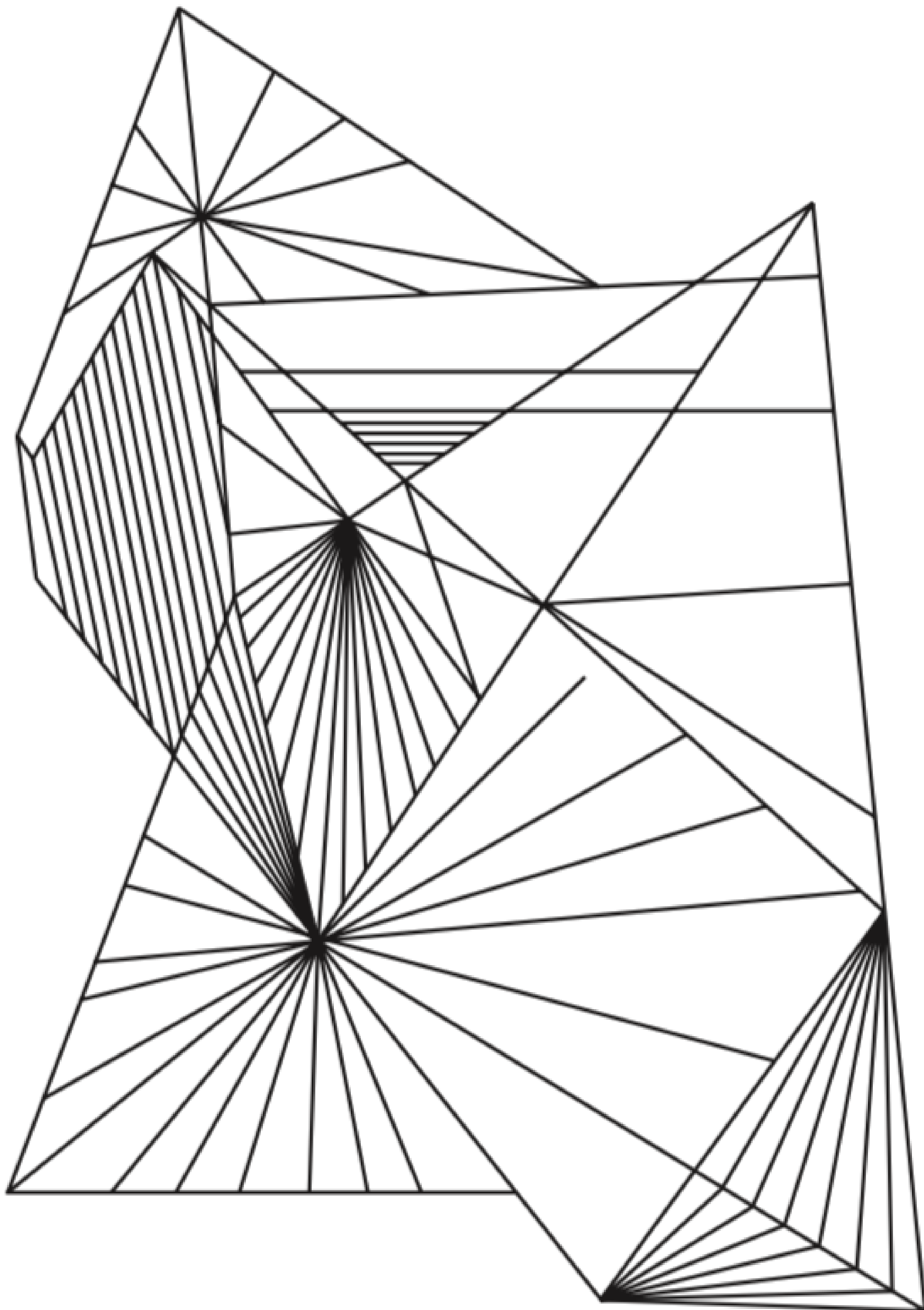






# so much on my mind

DRAW OR WRITE OUT ANYTHING THAT YOU ARE THINKING ABOUT!





# Day by Day

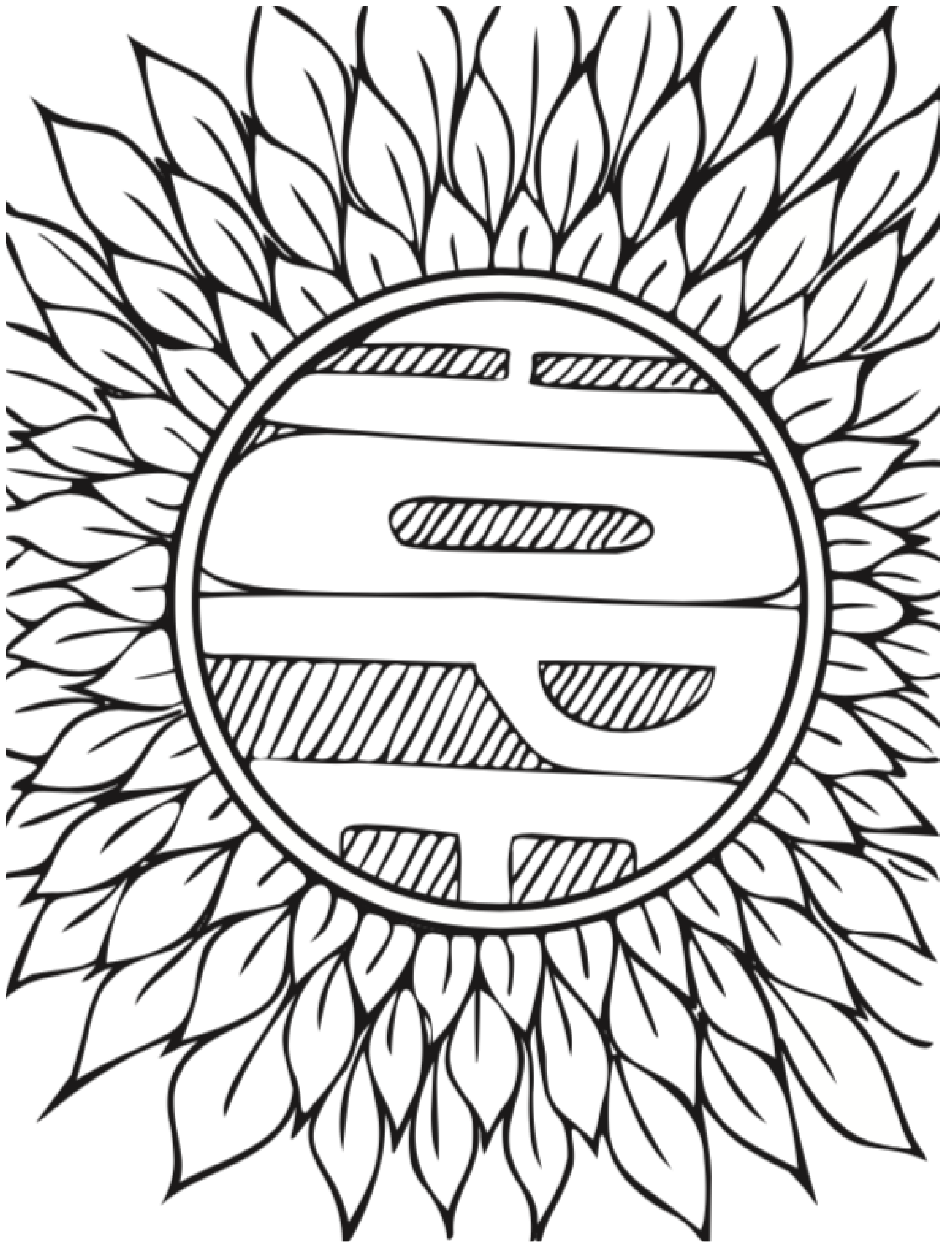
Instead of looking at your whole week, try to intentionally focus on what you need for just today!

WHAT FEELING WOULD YOU LIKE TO INVITE INTO YOUR DAY TODAY?

WHAT ARE YOU LETTING GO OF TODAY?

WHAT ARE YOU GRATEFUL FOR TODAY?

















# In Control

## I CAN CONTROL:

My Thoughts

My Feelings

My Words

My Actions

My Behavior

## I CANNOT CONTROL:

Other People's  
Thoughts

Other People's  
Feelings

Other People's  
Words

Other People's  
Actions

Other People's  
Behavior

# I CANNOT CONTROL

(so, I can LET GO of these things...)

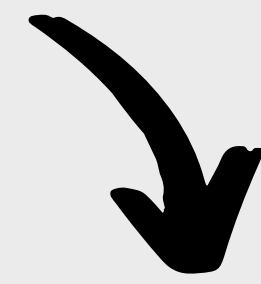


“ ”

“ ”

# I CAN CONTROL

(so, I will focus on these things...)



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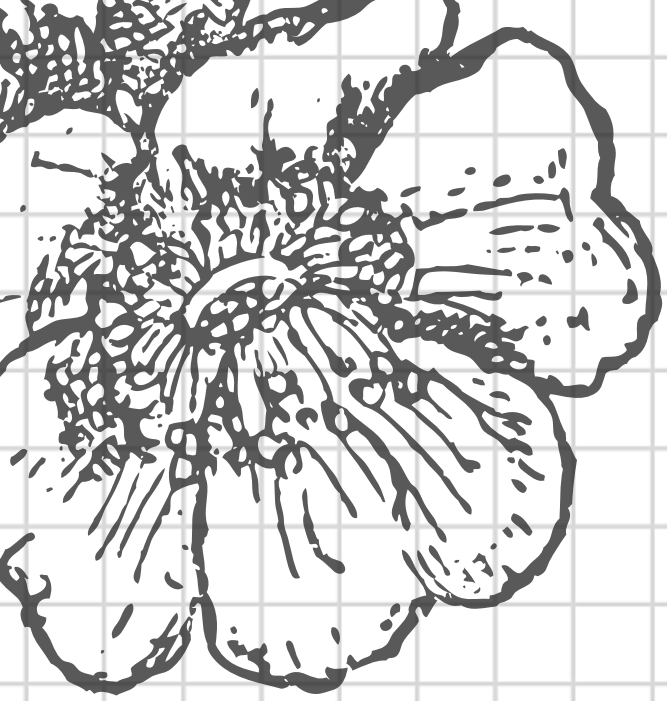
# what is forgiveness?



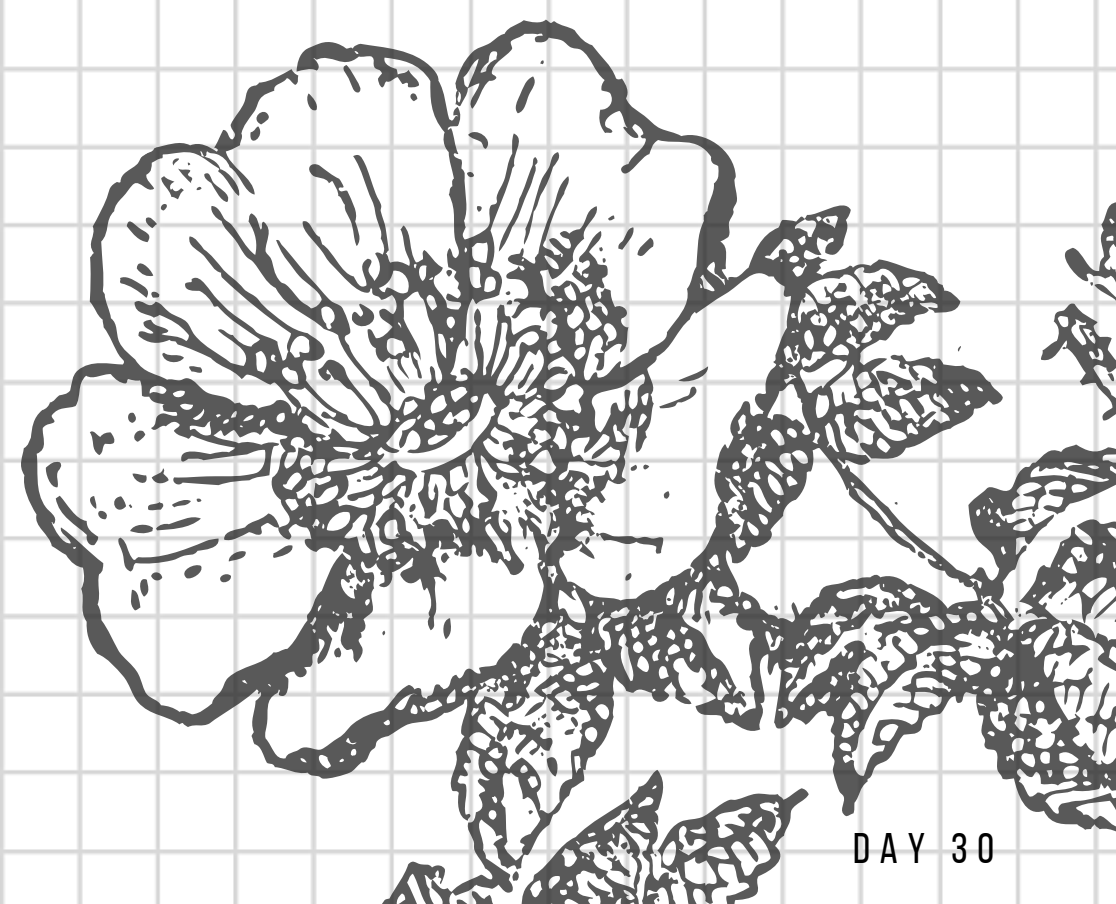
Forgiveness is a conscious & deliberate decision to release feelings of resentment or vengeance toward someone who has hurt us. Forgiving someone does not mean that we accept or condone what was done to us as OK. It does not negate the fact that what was done to us happened. Not forgiving someone does not cause the other person any pain, it only hurts the person that is holding onto the pain. To hold onto the anger and pain allows the person who caused us pain to be in control.

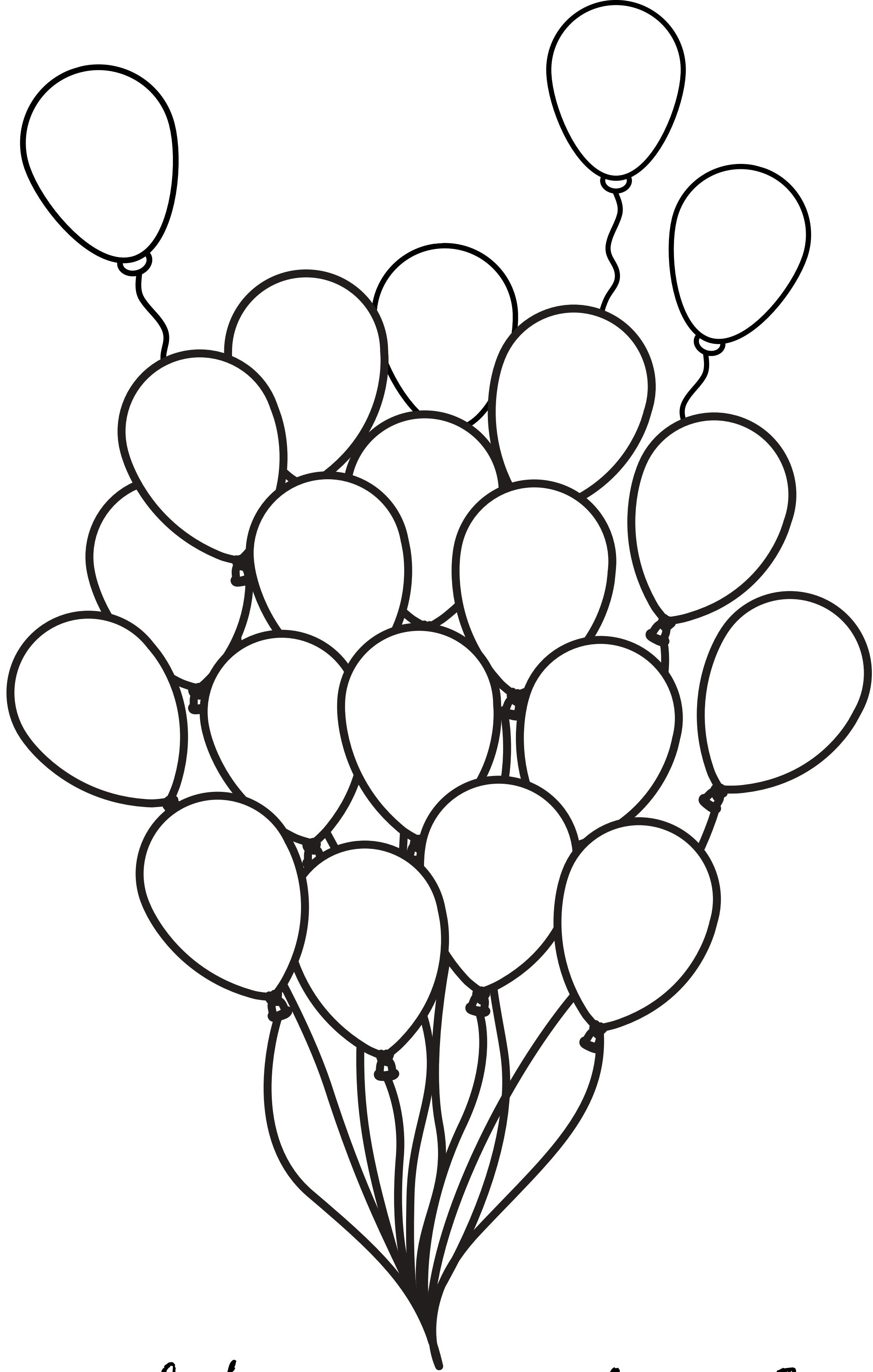
Also, forgiving ourselves isn't always an easy thing to do, but if we are hanging onto guilt about something, the first thing we need to do is practice compassion with ourselves.

The Aramaic word for "forgive" means literally to "untie".



*be  
gentle  
with  
yourself*





*what can you release?*

Sometimes we hold onto anger, pain, shame, or guilt. We don't have to hold onto that anymore. What are some feelings that you are ready to release? What are some actions, feelings, or people that you are ready to forgive? Take this time to show compassion to yourself. Draw or write it in the balloons & "release" them!