



CARE FOR YOURSELF

Think about a close friend and a time when they felt bad or were struggling. How would you respond to your friend in that situation? What would you say and do?

Think of a time you felt bad or were struggling. How would you usually respond to yourself? What would you normally say and do?

Is there a difference between how you treat your friend and how you treat yourself? If so, why do you think you treat your friends differently?

Are you willing to start treating yourself like a good friend?

Can you think of ways you can treat yourself better next time you are struggling with challenging emotions?

CARE



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Set up the timer for 2 minutes and write down as many self-care activities as you can think of.

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List all your favourite self-care activities you like to splurge on the left and on the right all the free self-care activities you can do. See if you can do something from your free list every day and something from your non-free list once a week.

Splurge and Free Self-Care Ideas

Splurge

Free



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