

Self-care prompt

“What do I need for myself right now?”

Psychological

- Being more accepting of what you cannot change
- Taking control – we can't control other people and situations, but we can control how we relate to them, and our thoughts
- Adopting a more kinder, gentler approach to difficult or challenging experiences
- Challenging unhelpful thoughts
- Taking regular breathing spaces
- Keeping your sense of humour
- Seeking professional support when needed

Physical

- Making time for physical activities, however small they are
- Gauging how your body is responding to stressful situations, e.g. feeling tightness or tension somewhere in the body. Note how the body is often what alerts us to what the mind is thinking, e.g. negative self-talk
- Eating healthily and mindfully
- Getting enough sleep when you can

Emotional / Spiritual

- Honouring and expressing emotions in ways that are appropriate to you
- Reaching out – talking openly and honestly to others you feel safe with
- When feeling tired or in low mood, factoring in how this is likely to influence how you respond or react to events and situations in that moment in time. For instance, 'I'm feeling low today, (or tired). How might this influence the way I interpret things today.'
- Making time for self-reflection, prayer, or inspirational reading
- Taking moments in your day to reflect on all the things you appreciate

Social

- Connecting with people – spending time with those whose company you enjoy
- Having some quality 'me' time – taking time out to relax, read, walk in nature, swim etc.
- Making time to have fun
- Taking mini-breaks and holidays
- Doing something creative
- Planning pleasant activities