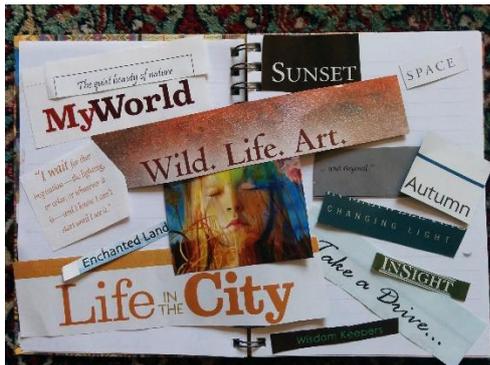




Self-Care Vision Board Instructions

This exercise involves creating a self-care vision board.



A vision board is a visual representation of a particular concept using images, illustrations and/or words. Thus, a self-care vision board is a collection of images and words that reflect ideas for self-care. Self-care activities are those things we do to take care of our mental, emotional, and physical health. Follow the following three steps to create your self-care vision board.

Step 1: Brainstorm self-care activities Come up with a list of as many potential self-care activities as possible. Be bold and creative, allowing yourself to consider new and different potential activities. Only include activities that you would genuinely enjoy doing and that fit with your lifestyle and your values.

Refer to Appendix A for inspiration.

Step 2: Collect images for your vision board Find positive images that correspond with your chosen self-care activities. Look for images that resonate with you, and inspire you. You might like to use the internet, magazines, and photographs as potential sources. Use photos of activities that you can do to take better care of yourself and your needs.

Step 3: Collect words for your vision board You can decide to keep your vision board completely visual or to add words and phrases to it. The words and phrases you choose should reflect or relate to your chosen self-care activities. You might like to cut words out of magazines or print them from the internet. Choose words and fonts that resonate with you and inspire you.

Step 4: Put your vision board together Once you have gathered your images and inspiring phrases, get creative with your arrangement.



Physical Self-care

- Do some stretching exercises.
- Drink more water.
- Exhaust yourself physically. Do whatever helps you feel fatigued.
- Where possible go out and spend 10 minutes under the sun.
- Where possible go for a bike ride to nowhere in particular.
- Where possible spend some time in nature.
- Go to bed early. Social self-care
- Avoid toxic people, social media and media.
- Ask for help. Let people know you need some help.
- Call a trusted friend or family member and talk things out.
- Intentionally reconnect with someone you've lost touch with or have unresolved conflict with.
- Join a support group for people who are going through what you're going through
- Schedule a regular date night at home with your significant other.

Spiritual self-care

- Make time for meditation in your day.
- Do a 10-minute body scan technique to check in with each part of your body.
- Do something nice for someone in secret.
- Donate money to a charity of your choosing.
- Help someone in some way.
- Find an opportunity to use your strengths, the things that energize you, more often.