

Toolkit: How to Self-Care

We've all heard it before: you have to take care of yourself before you can help others. This perennial advice is the basis of self-care. Here are some kindness tips that you can practice for yourself to help reduce stress and anxiety.

The Basics:

- Deep, calming breaths (there are apps that can help)
- Drink some water or something warm, like tea
- Personal hygiene: brush your hair and teeth, wash your face, have a bath or shower, put on clean clothes
- Practice mindfulness and self-compassion: you are enough, you are worthy, you will get through this
- Do some stretches, move your body
- Get some fresh air (open a window, go outside, visit a park or nature space)
- Aromatherapy (breathe in some favorite foods, spices etc, light a scented candle, use some essential oils)
- Put on your favorite music, video, movie or TV show

Deeper Dives:

- Yoga
- Meditation
- Read a book
- Unsubscribe, mute and/or unfollow any emails or social media accounts that bring you stress
- Make a list or vision board of things that you love about yourself and/or things that inspire you
- Cook or bake some homemade food
- Declutter/tidy your spaces
- Tackle one outstanding task that's been challenging you (a chore, an errand, a social obligation etc).
- Create something (writing, music, art, craft etc.)

Resources:

- <https://www.blessingmanifesting.com/>
- <https://www.mentalhealthamerica.net/taking-good-care-yourself>
- <http://www.youthab.ca/articles/30-ways-to-practice-self-care-take-care-of-yourself>
- <https://www.calm.com/>

