

Self-Care

CALL A LOVED
ONE TO CHAT



GO ON A
SELF-DATE*



EAT WELL



EXERCISE
YOUR WAY



MEDITATE



READ



GO
OUTSIDE

MAKE YOUR
ART

*taking yourself out to do something you enjoy. For example: out to dinner, to a movie or to an art gallery.

Self-care is any activity deliberately done to take care of our mental, emotional, and physical health. It's often overlooked, however good self-care improves mood and reduces anxiety. Self-Care is highly individualised, so it depends on your own preferences. It is meant to refuel, not detract. Finally, Self-care is NOT selfish!

Community care also exists, and is care provided by an individual to benefit others, such as protests or interpersonal acts of compassion. Support networks are a good form of community care for victim-survivors of trauma.