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# MENTAL HEALTH AND SELF CARE TOOLKIT

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## Physical

- Go for a walk
- Do some yoga
- Stretch
- Have a dance party
- Hydrate
- Have a snack
- Take a nap
- High five yourself in the mirror
- Go to the gym
- Go on a run
- Swim
- Shake it out
- Massage/foam roll your muscles

## Sensory

- Light a candle
- Snuggle under a (weighted) blanket
- Take a bath
- Put on your softest/coziest clothes
- Massage some lotion into your skin
- Listen to music
- Focus on your breath
- Get some fresh air
- Tap gently along your collar bone and face
- Sip a cup of soothing tea
- Use some essential oils
- Cuddle with a pet, a family member or a partner

## Social

- Call a friend
- Go out for lunch/coffee
- Go to a movie/concert/play
- Take a class
- Join a support group

## Spiritual/Emotional

- Journal
- Go to church/synagogue
- Write down your feelings
- Give yourself permission for your emotions
- Practice affirmations or mantras
- Pray
- Read Poetry or inspiring quotes
- 5x5x5 method/ gratitude
- Cry or laugh it out
- Meditate

## Mental

- Read a book
- Do a crossword, word search or Sudoku
- Learn a new skill
- Visit a new place or restaurant
- Make a list