

Self Care Tips

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What is Self-Care
Really?

Self Care is...

1. Unique just like everyone of us.
2. Is caring for ourselves and recognizing the relationship we have with ourselves.
3. Necessary self preservation, self love, ever changing intentional love, and is the ultimate act of giving yourself permission.
4. Last of all self-care is not selfish and is **NECESSARY** to improve your daily life.



25 Self-Care Ideas

- Asking for help
- Saying, no
- Setting boundaries
- Resting when you're tired
- Affirmations
- Writing a gratitude journal
- Laugh out loud
- Move your body... Exercise
- Dance
- Listen to music
- Go outdoors
- Use aromatherapy
- Learn a new hobby
- Yoga
- Meditation
- Reading and writing
- Painting
- Call friends and relatives
- Go on a day trip
- Treat yourself to a spa day
- Cook a healthy meal
- Spend time in your garden
- Take a walk
- Forgiving yourself
- Practice mindfulness

Put your OWN
oxygen mask on
first

Self -Care

- Is the act of taking care of yourself physically, mentally and nurturing yourself and is never selfish.

