

# What is self-care?

Self-care means doing things that help your emotional and/or physical wellbeing.  
Self-care can mean different things for different people.

In **GREEN** colour in acts of self-care that you do to help you when you are feeling down. In **RED** colour in the ones you would like to do.  
Fill in the blanks with your own ideas.

Watch my favourite movie or tv show

Take a break from my phone

Do something creative like drawing or colouring

Say no to something I don't feel up to

Have a walk outside

Talk to a friend

Have some alone time

Listen to some music or a podcast

Take a bubble bath