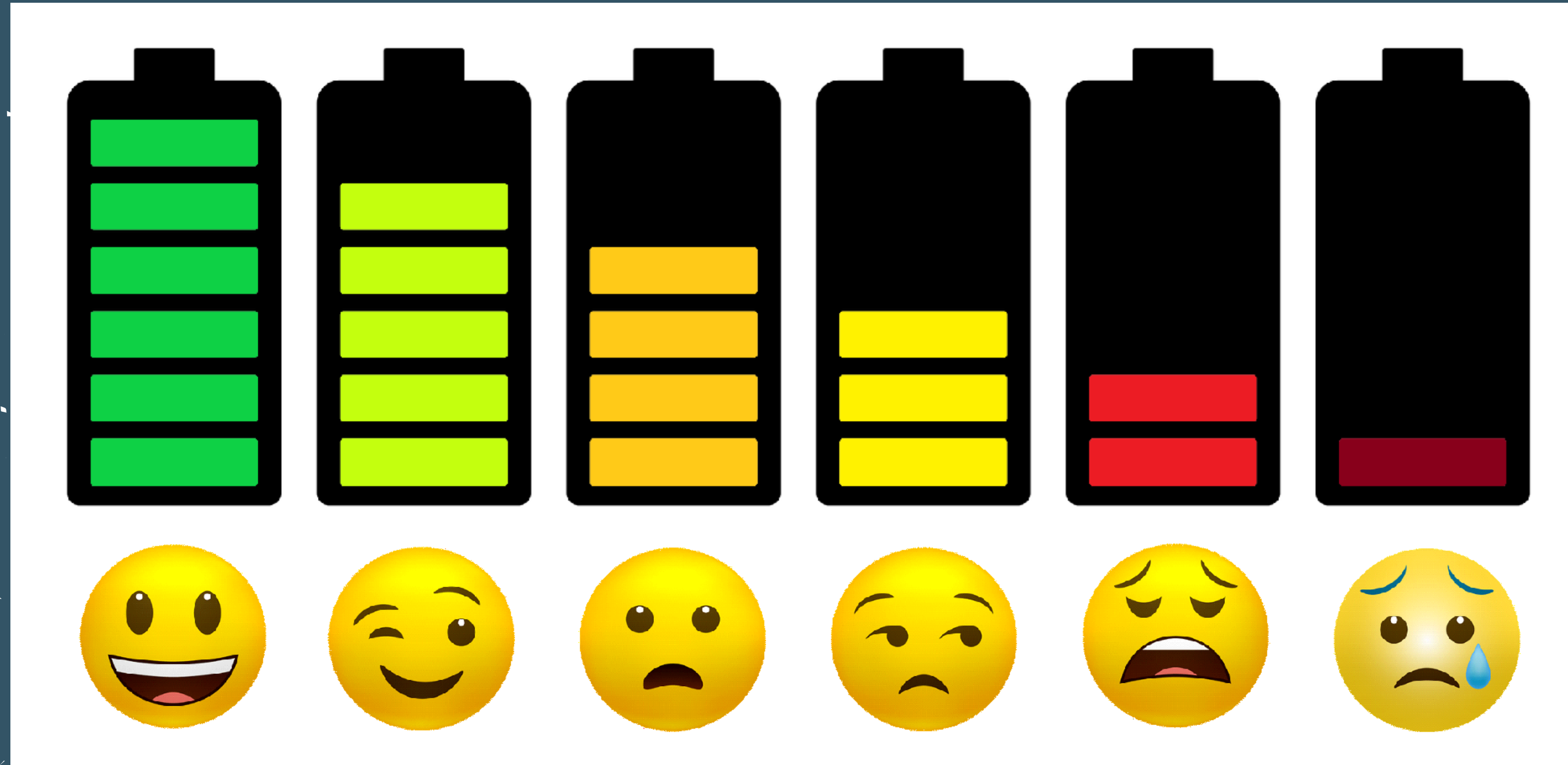


Our Self-Care Battery

When we are feeling low it is important for us to try and take some time out to re-charge our own emotional battery, and by trying out different activities such as the examples shown on the next page we can really help to give our mental and physical wellbeing a boost.



When my self-care battery is starting to run low I can try these activities to help



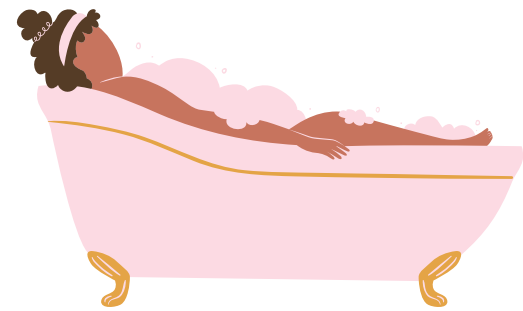
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Our Self-Care Battery

Choose some of the activities below that will help you to re-charge your own self-care battery



Read a book



Take a relaxing bath



Try some mindfulness breathing



Screen-free day



Enjoy some healthy food



Write in my bullet journal



Spend time with friends



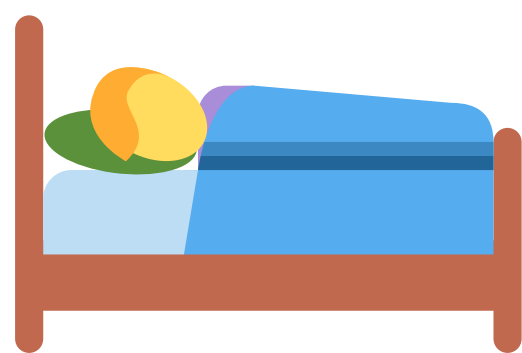
Talk to someone I can trust about how I am feeling



Try some mindfulness colouring or doodling



Enjoy a relaxing drink



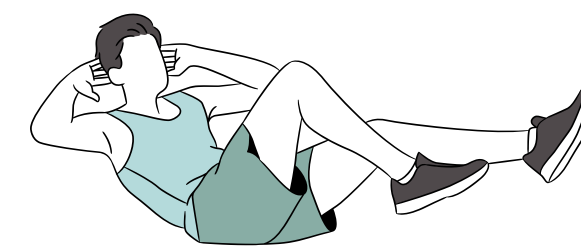
Aim for a good nights sleep



Play with my pet



Listen to some relaxing music



Try some gentle exercises



Enjoy some time outdoors in the fresh air