



Self-Care

with

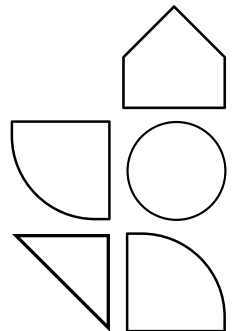
Support / **House**

"Self-care is the act of caring for ourselves in ways that increase or sustain our wellness."

- Centre for Innovation in Peer Support (2021)

Everyone's wellness is defined by them. Self-care is equally unique. It is defined by each person based on what best serves and supports them.

This book contains a variety of activities that encourage exploration of what self-care can look like, but is not meant to be exhaustive. We hope that this book serves as a tool in self-care. We encourage you to continue exploring choices and options to determine what you want self-care to look like for you in your own wellness journey.



Aa

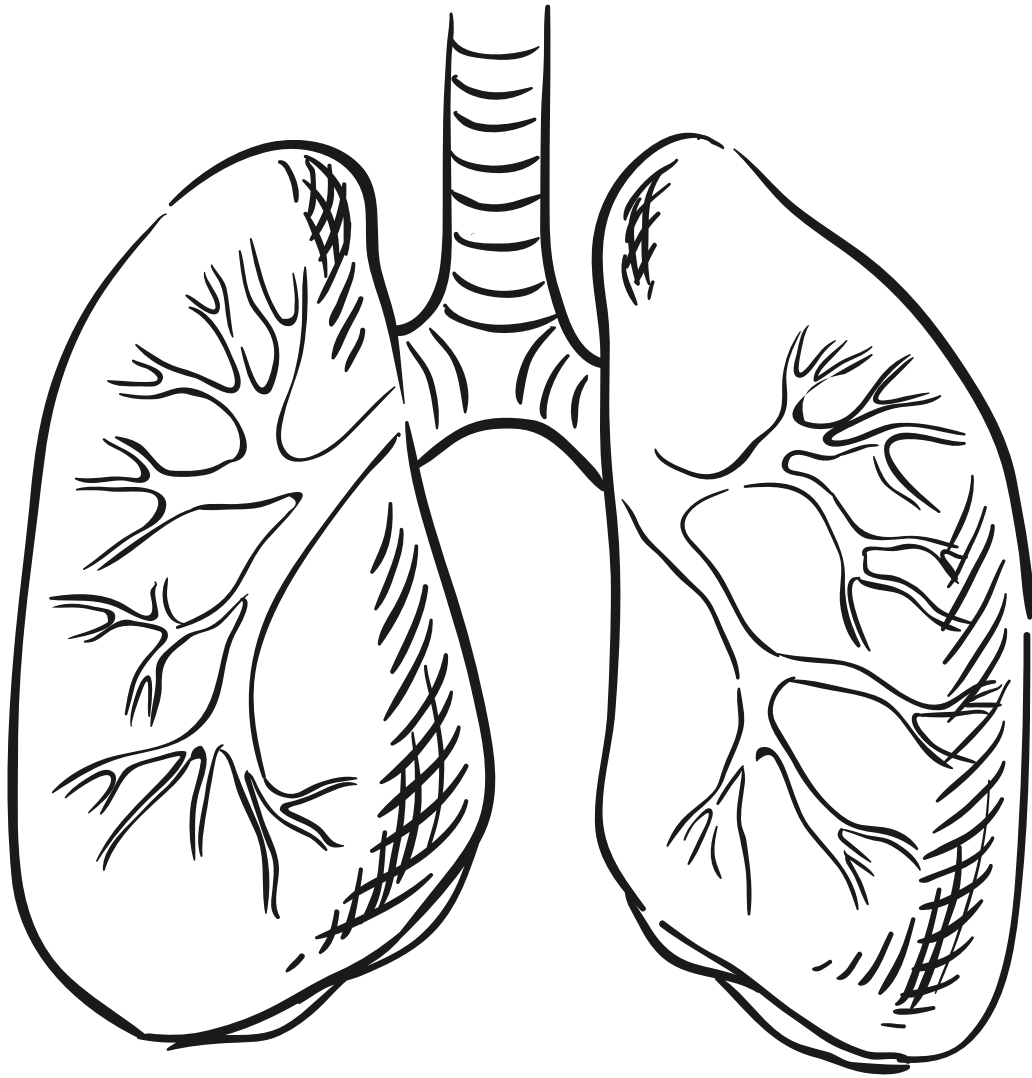
Affirmations



I am Enough

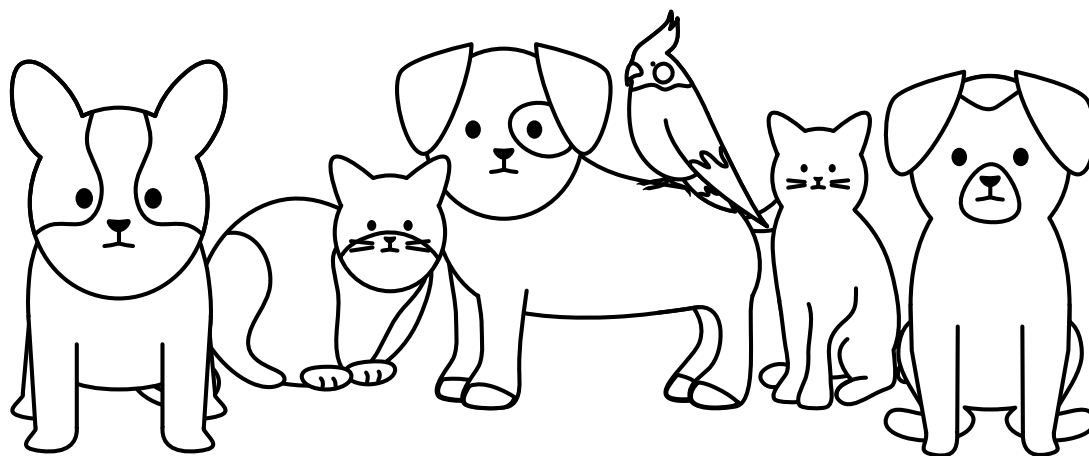
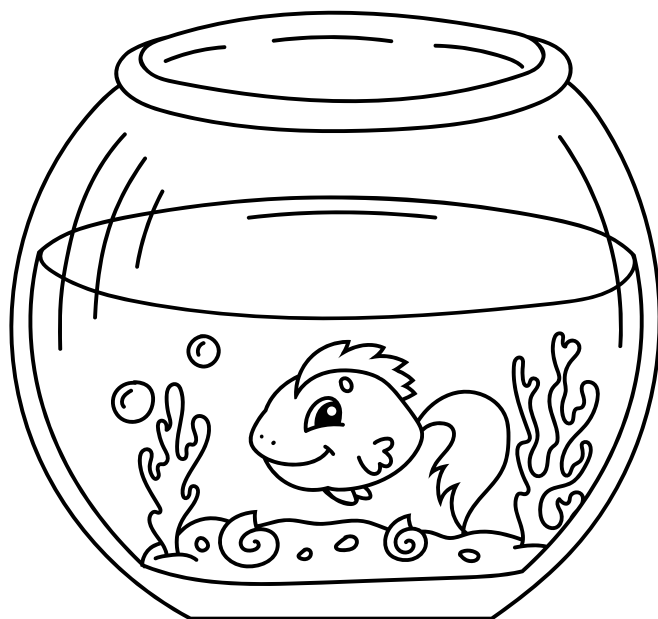
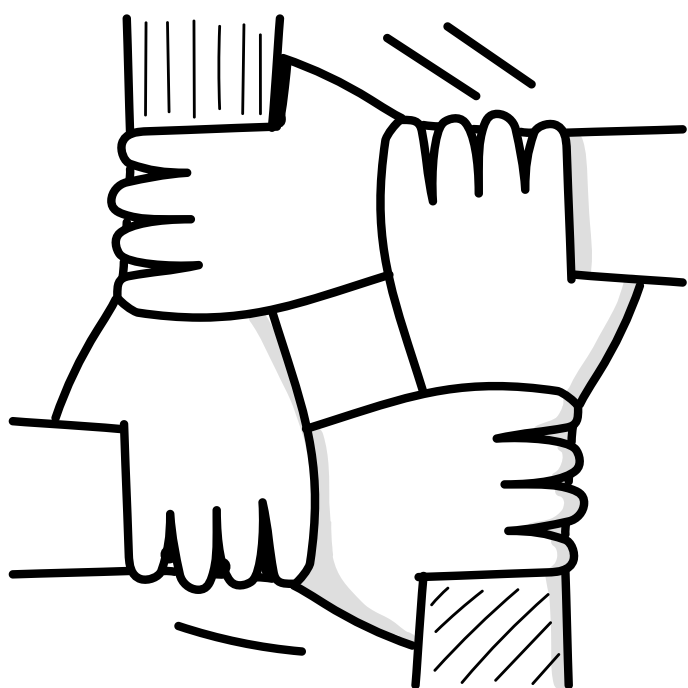
Bb

Breathwork



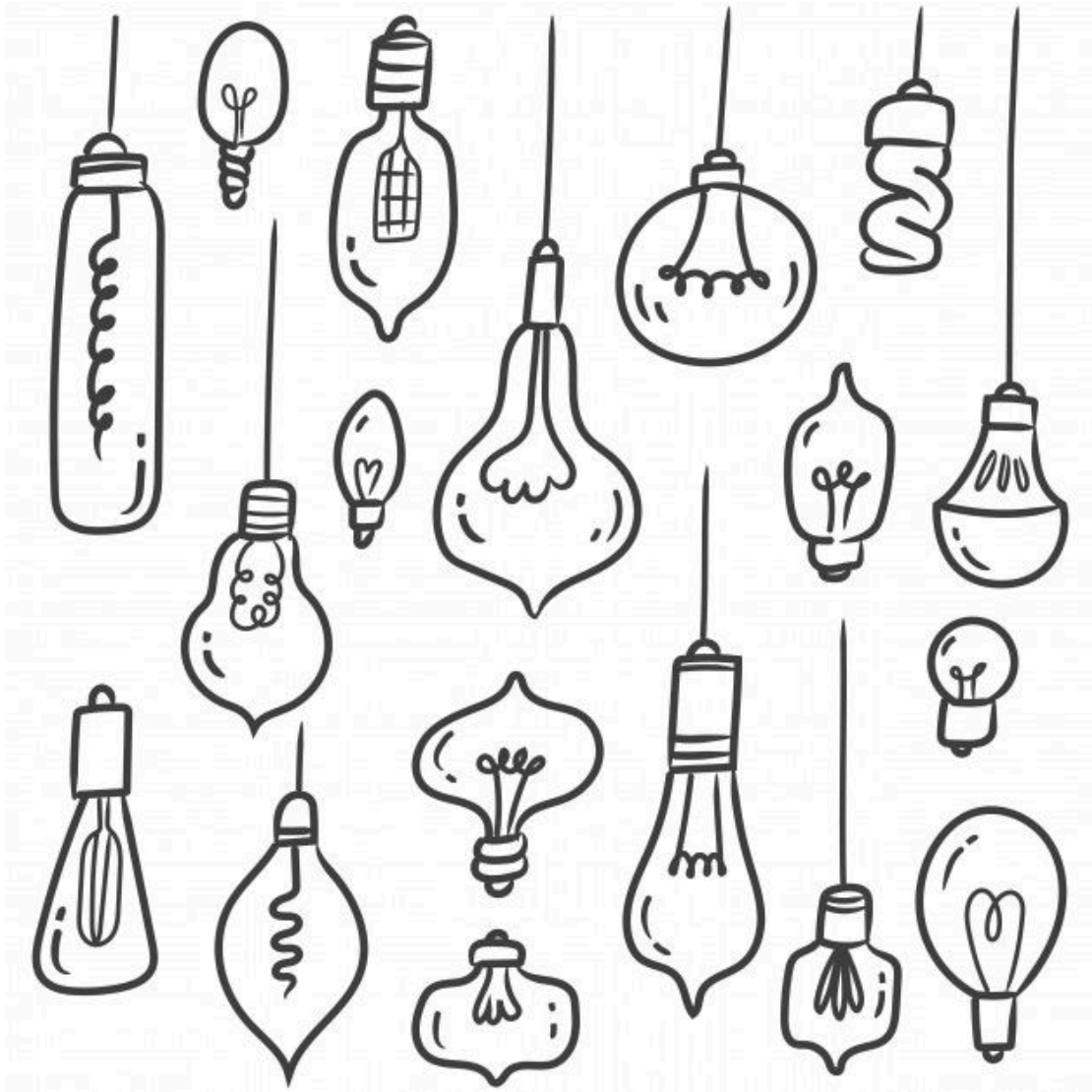
Cc

Connection

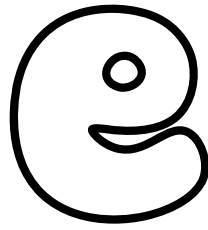


D d

Dim the Lights

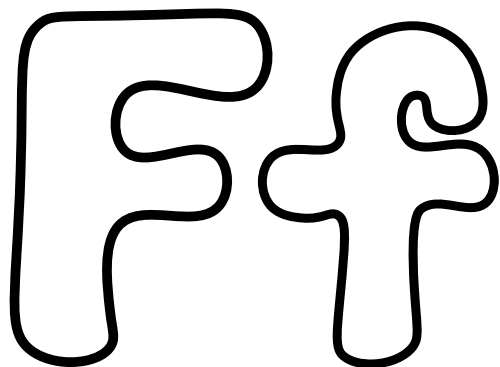


E

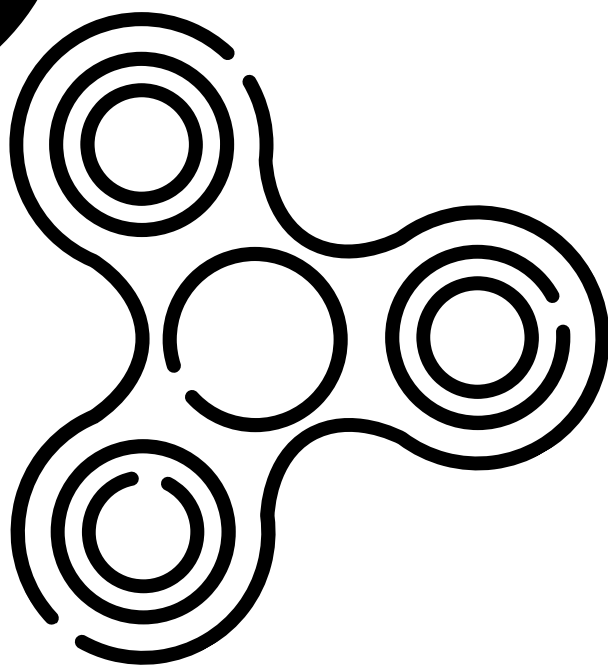
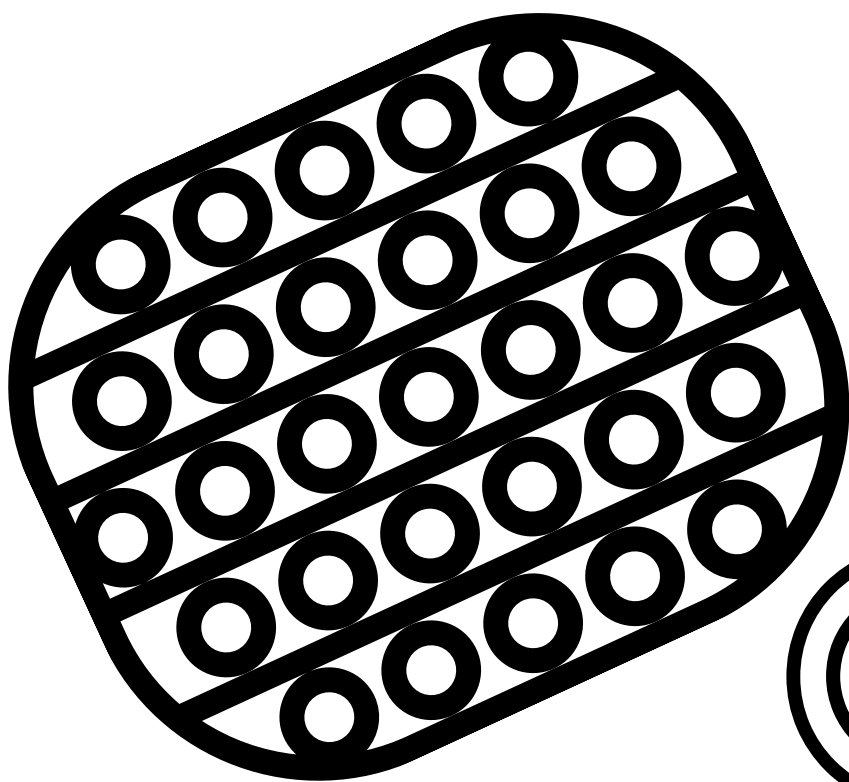


Eat a Snack





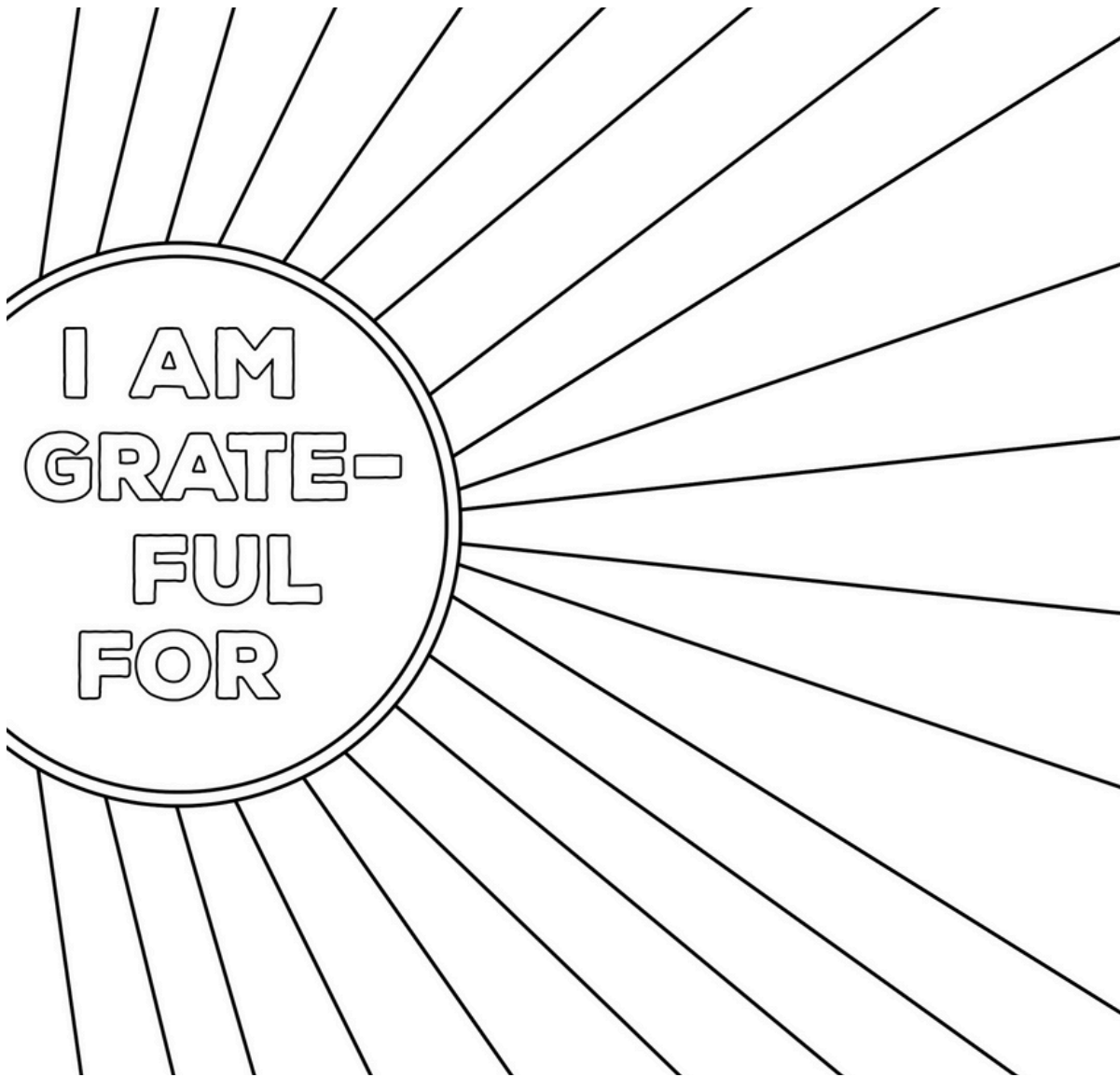
Fidget Toys



Gg

Gratitude

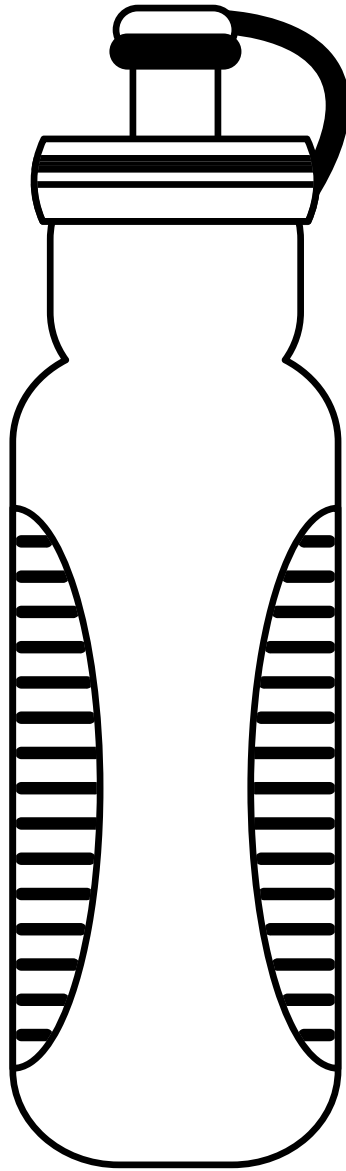
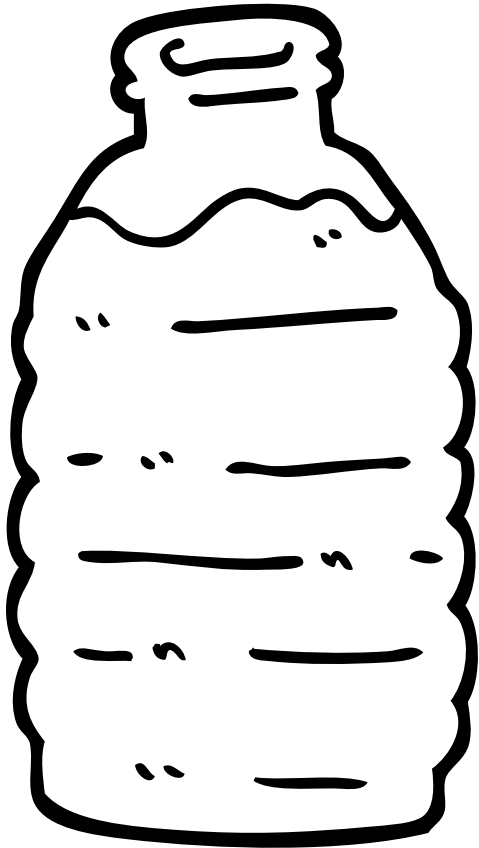
Write what you are grateful for in the rays.

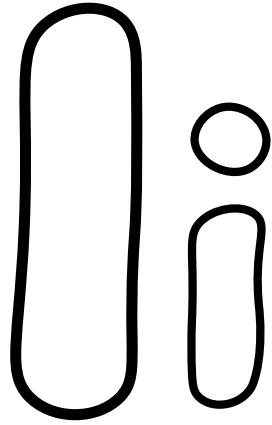


*To access this worksheet and others visit this website:
<https://www.papertraildesign.com/i-am-thankful-for-worksheet-free-printable/>*

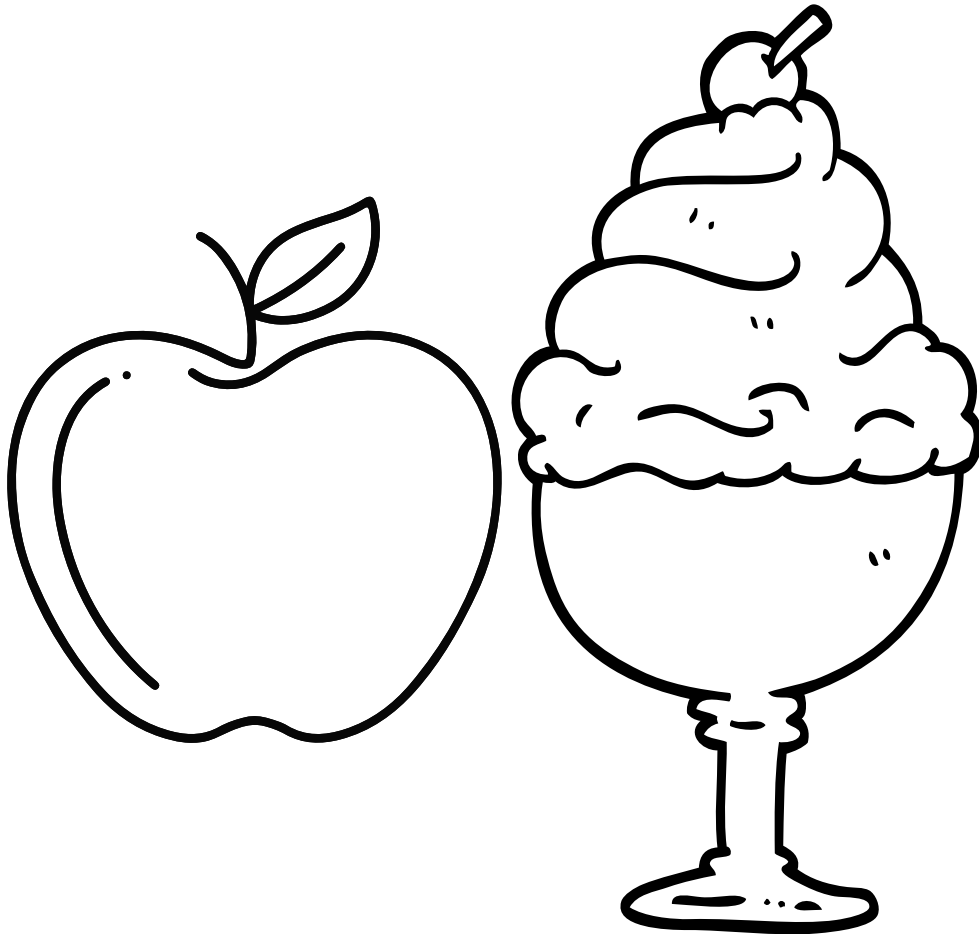
Hh

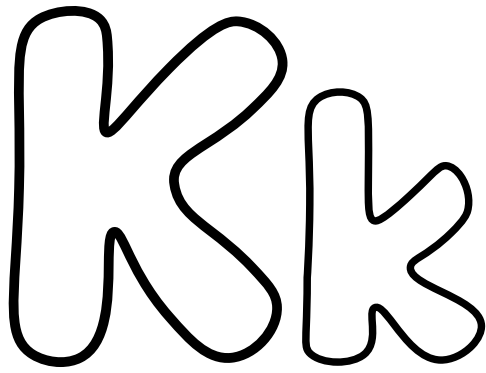
Hydrate





**Indulge in
a Treat**





Keep a Routine

Morning Priorities

- _____
- _____
- _____
- _____
- _____

Midday Priorities

- _____
- _____
- _____
- _____
- _____

Evening Priorities

- _____
- _____
- _____
- _____
- _____

Successes & Supports

A routine can help us add structure to our days. It is a tool that can support us as we organize tasks and identify key priorities. This is one example of what a daily routine could look like. We invite you to make it your own, changing it as needed to meet your needs!

L

Lifelong Learning



To see more illustrations from Gemma Correll, visit their website: <https://www.gemmacorrell.com/>

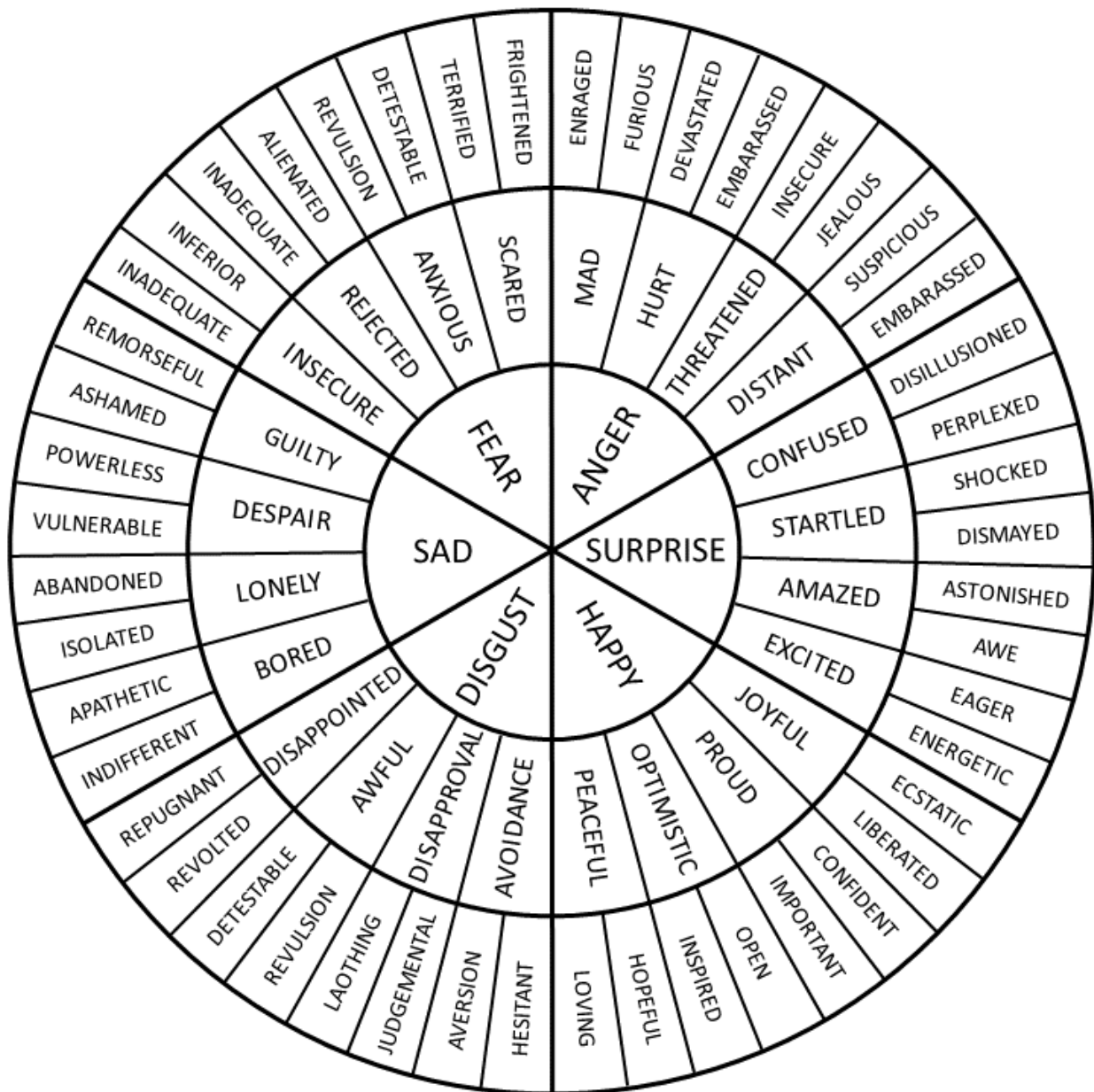
Mm

Music

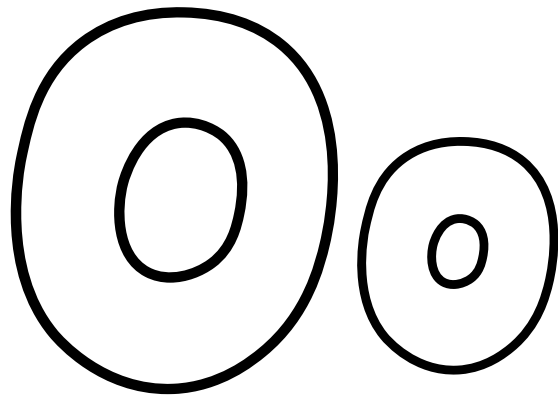


NM

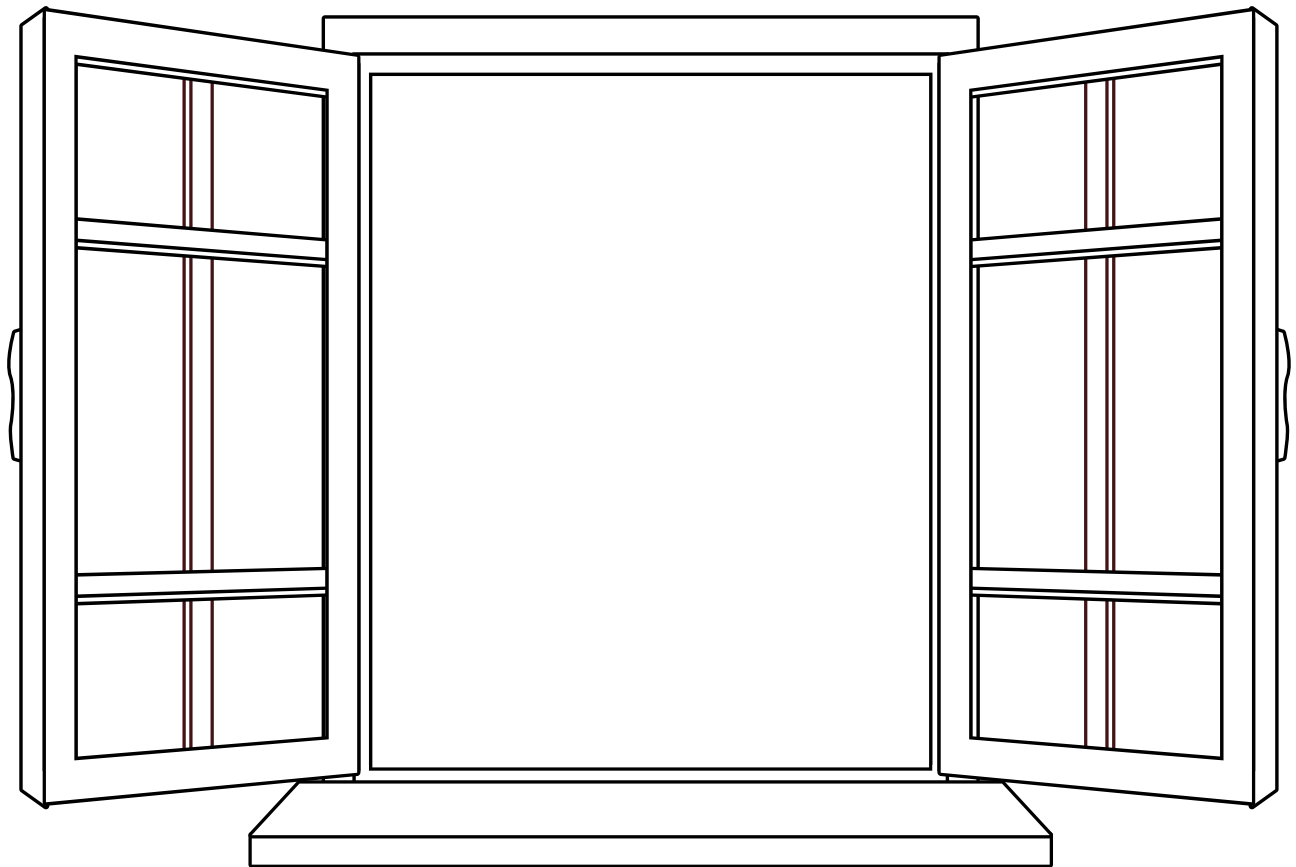
Name the Feeling



To learn more about feelings and emotions wheels, including how to use them and their origins, visit: <https://www.mindbodygreen.com/articles/emotion-wheel>



Open a Window



Draw your favourite view.

Pp

Positive Self-talk



Write positive statements about yourself.

Image source: <https://www.pinterest.ca/pin/3729612208799944/>

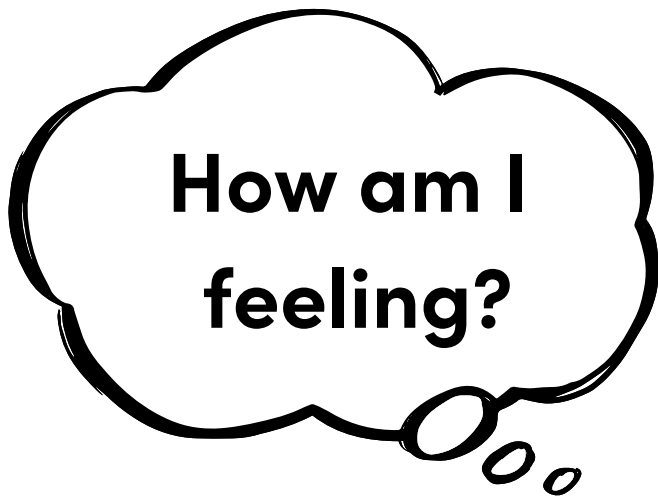
Qq

Quiet
Time



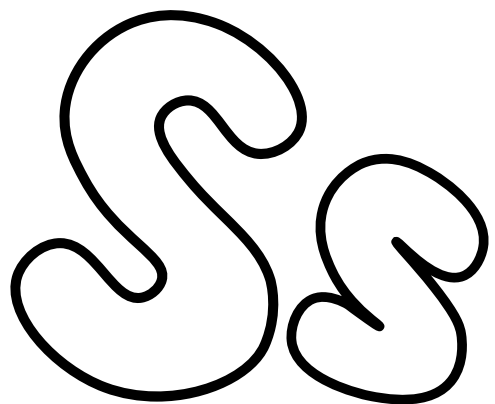
Rr

Reflection

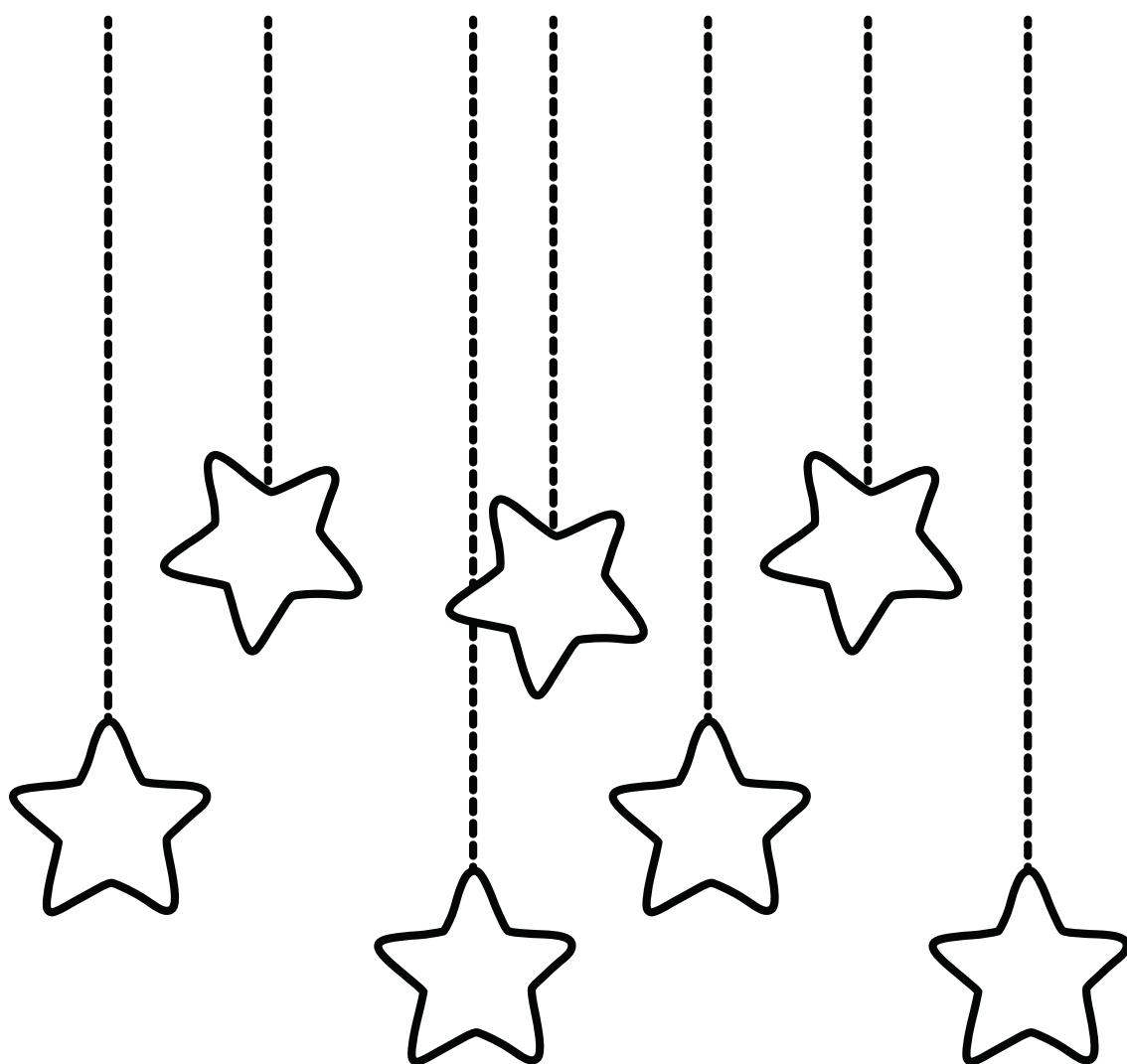


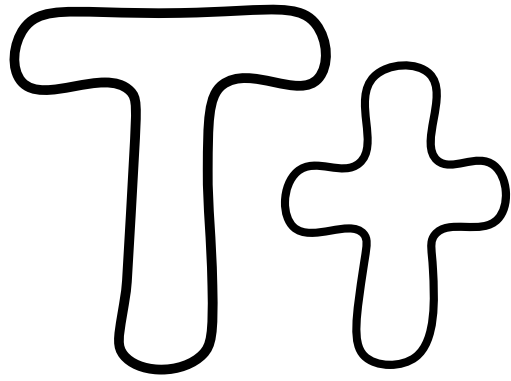


Share some of your reflections to these questions.

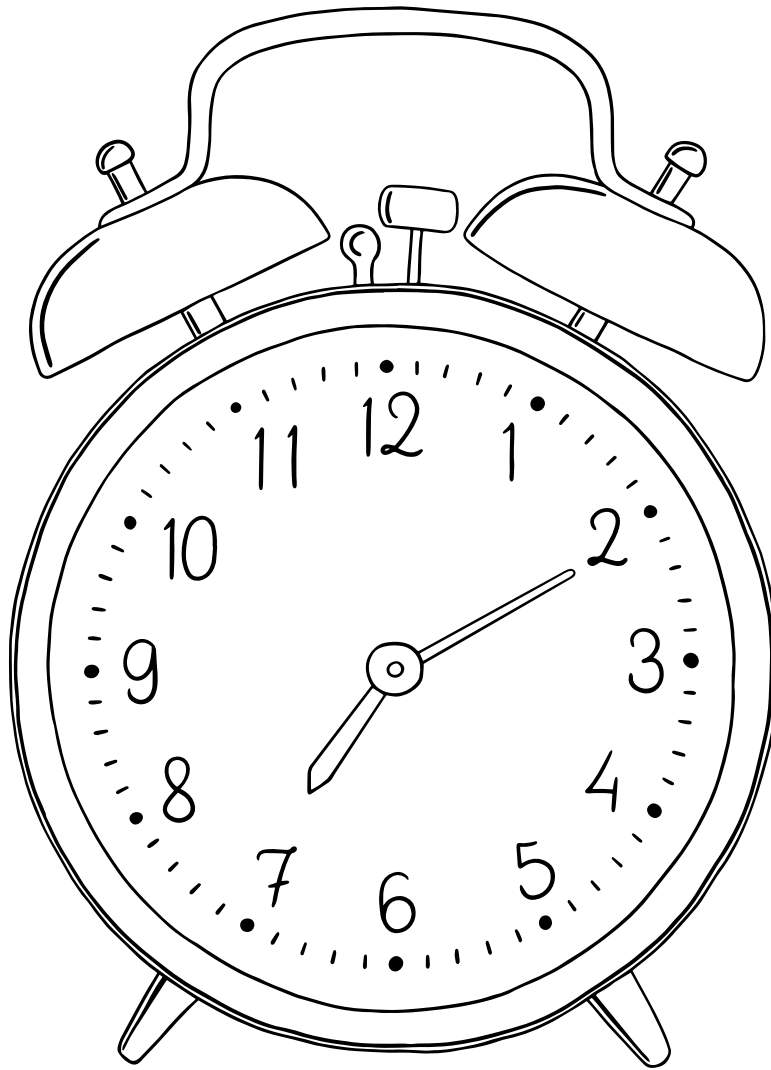


Stargaze





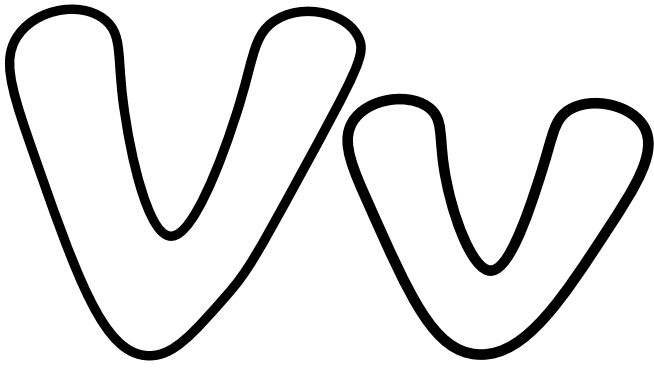
**Take a
Break**



Un

Unplug



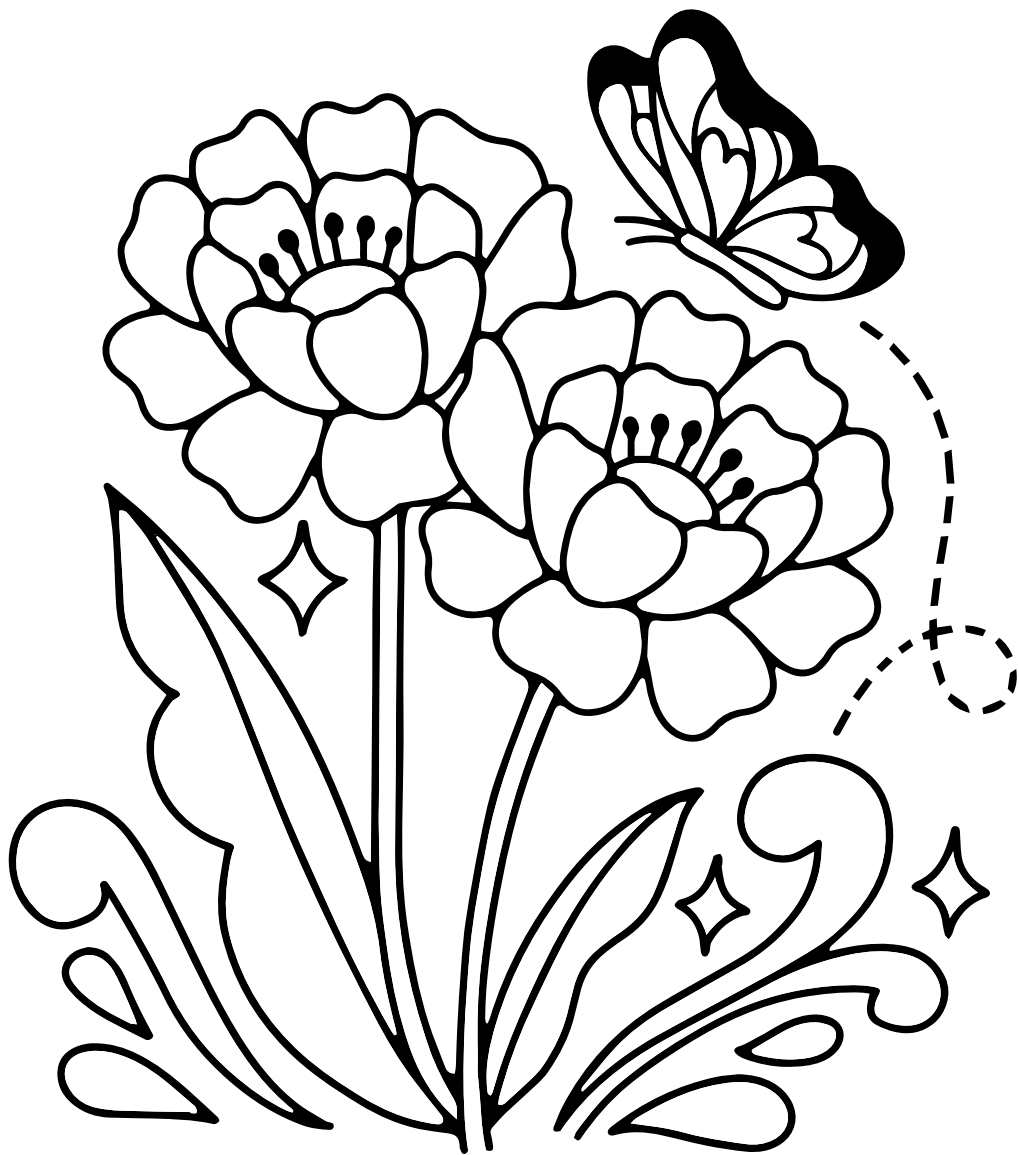


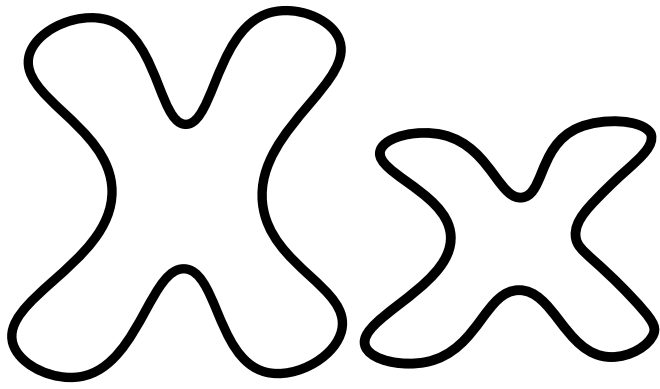
Visit Friends



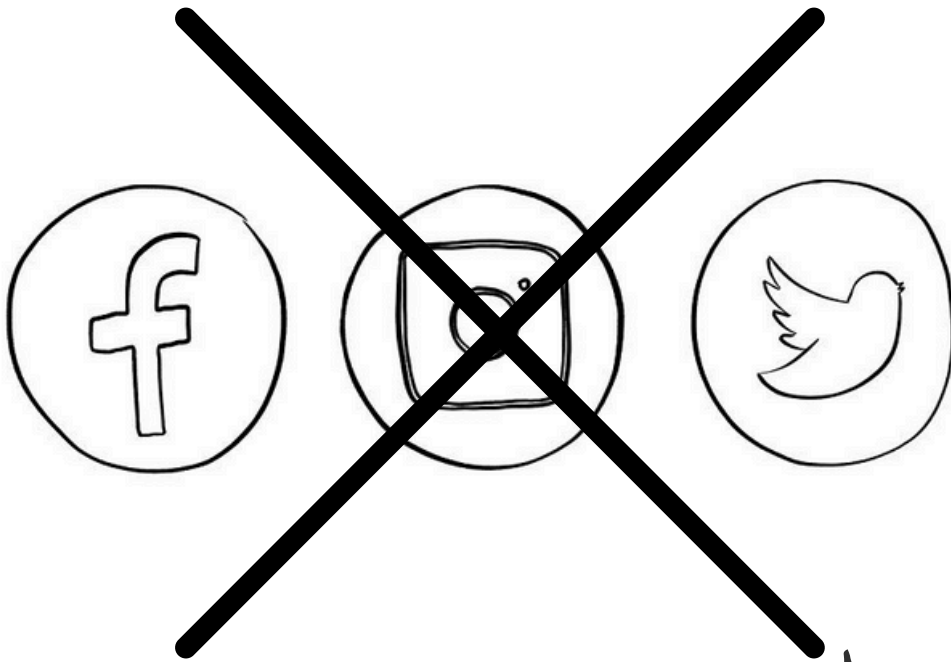
W W

**Walk in
Nature**





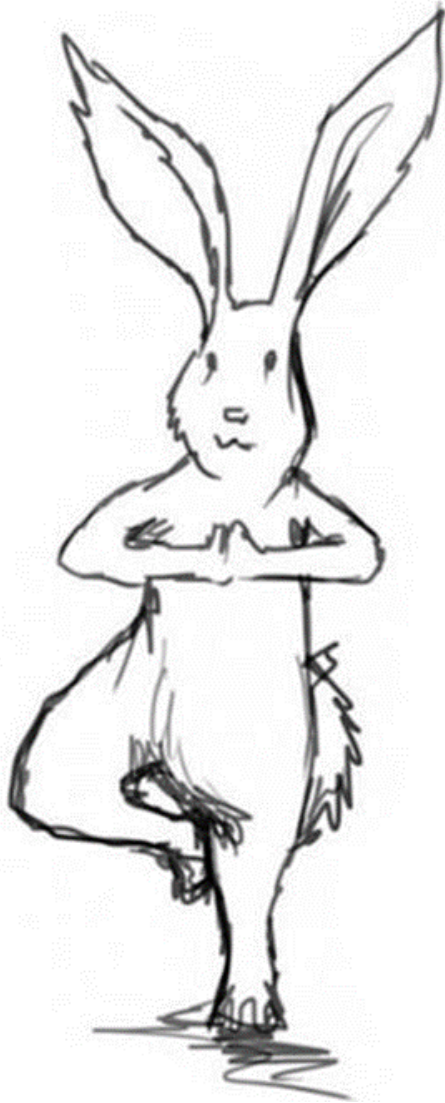
**X out
Social Media**



**No thanks,
maybe later.**

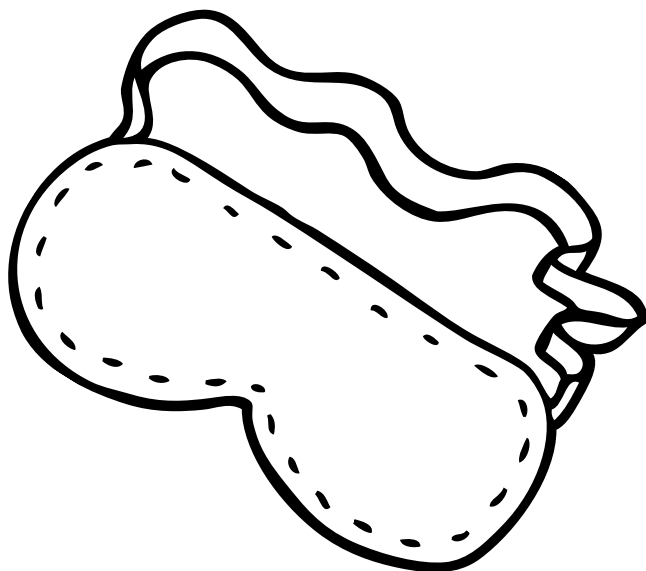
Yy

Yoga



Zz

**Get Enough
Zzzs**



How do you Self-care?

Self-care is unique to everyone and different things may work for each of us. Here are some of the ways that Centre staff practice self-care.

W F J J Q S F H A V E A G R O W T H M I N D S E T
B F J S K A W F O X F R S G F W F M B E E G R Y M
U R R A Z Y D P H J R N U G E S Y L H W Q J F N H
U L W Y J I F U D H P U Y U R E F L E C T I O N Y
Y U B I I N U S L X I H Q W D T T A G F O H G L A
O G V N A G E I K V C A Y S J T P V R C K E D K S
N F F G C Y X N Z B H V H W H I U P O H S Z B J K
L S F N R E E G A V C I G I F N O S U A A K W M I
K T C O T S R W B Z M N B M G G Y F N S V G T M N
E R V T V L C E Q V N G R M O B K H D I Z V G R G
E E C N C Y I I U S J A M I T O J C I N W I A G F
V T H Q M S S G O S M N T N F U H G N G Z Q P Y O
G C K Y B Y I H M Z N A B G I N O G G S Y L G Y R
A H Y R E R N T E B I P W B D D J L P Q W S O N H
R I K J P R G E D E X B K K E A K L R U W U A B E
D N K Y L H H D I O C T V T V R O F A I C C L I L
E G S Q U G J B T O B C S C Y I N W C R J N S I P
N Y P T J I V L A U F D B W D E O X T R G D E V I
I N R L S Q Q A T D H A F Y W S P A I E Y J T C V
N Y G U A A K N I L V I R A N Z S Q C L A J T M X
G V W L I U M K O T M A K G C L D W E S E E I U L
R Y V Z X N M E N K B V V I S N W G S T E B N E P
T A L K I N G T O B I R D S N T Y A C W E V G Y E
K B K F E Y M S E S D O U V X G G D O O G U J A I
O Q I J M A R N O T I C I N G M Y B R E A T H Z N

*Meditation
Stretching
Hiking
Saying yes
Saying no*

*Using Weighted Blankets
Noticing my Breath
Grounding Practices
Have a Growth Mindset
Setting Boundaries*

*Goal Setting
Reflection
Asking for Help
Exercising
Talking to Birds*

*Chasing Squirrels
Gardening
Swimming
Having a Nap*



About Support House:

Support House is directed by our core values. They guide our agency's decisions and actions, unite our staff, define our brand, and inspire our culture. We put people first – our supports are person directed. We connect and engage and start conversations to build and maintain relationships. We focus on health and wellness practices to inspire our culture. All employees are required to adhere to our values-based Oath of conduct.