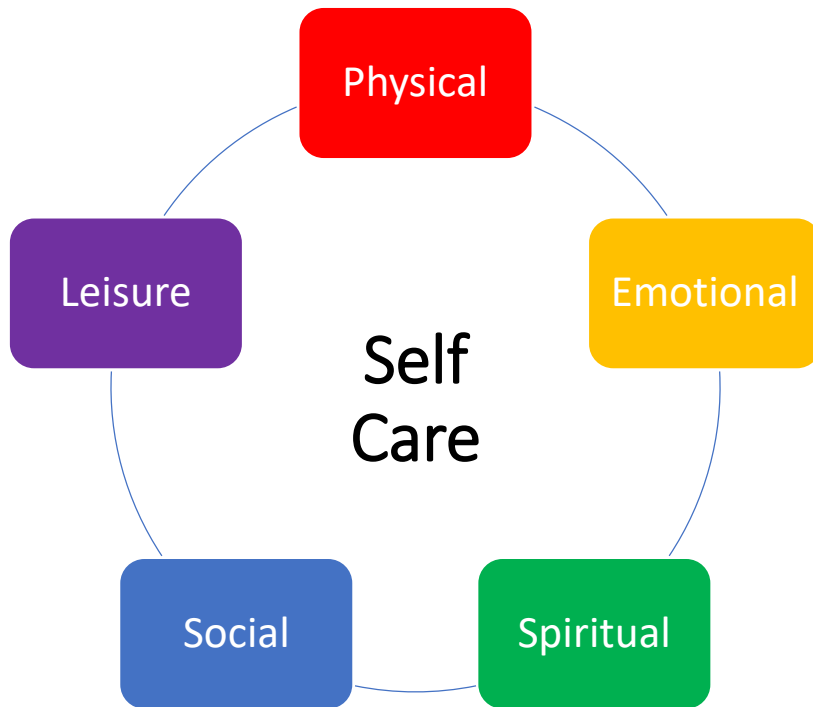


Examples of Self-Care

Don't forget to add your own ideas!



- **Physical**

- Physical activity
- Adequate sleep
- Healthy nutrition
- Prevention of illness
- Intimacy
- _____

- **Emotional**

- Recognize your strengths
- Stress Management
- Mindfulness
- Problem-solving
- _____

- **Spiritual**

- Meditation
- Prayer
- Reflection
- Time in nature
- _____

- **Social**

- Supportive relationships
- Join an online group
- Call or text your friends or family
- _____

- **Leisure**

- Activities that promote rest and relaxation and encourage creativity
- Reading a book
- Drawing
- Coloring
- Cooking
- _____

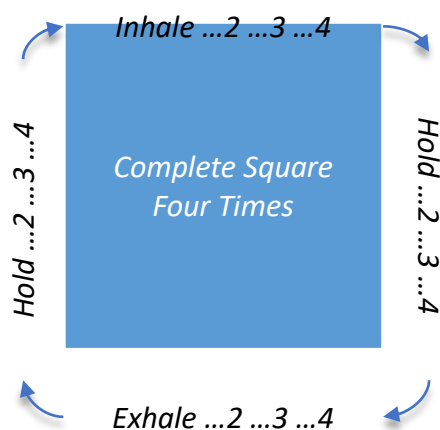
Self-Care: Active participation in behaviors that help well-being, a healthy lifestyle, stress relief, and resiliency



Self-Care On The Go

Square Breathing

(About 1 minute)



Guided Imagery

(About 10 minutes)



Progressive Muscle Relaxation

(About 2 minutes)

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- Toes** Curl your toes tightly into your feet, then release them.
- Calves** Point or flex your feet, then let them relax.
- Thighs** Squeeze your thighs together tightly, then let them relax.
- Torso** Suck in your abdomen, then release the tension and let it fall.
- Back** Squeeze your shoulder blades together, then release them.
- Shoulders** Lift and squeeze your shoulders toward your ears, then let them drop.
- Arms** Make fists and squeeze them toward your shoulders, then let them drop.
- Hands** Make a fist by curling your fingers into your palm, then relax your fingers.
- Face** Scrunch your facial features to the center of your face, then relax.
- Full Body** Squeeze all muscles together, then release all tension.

Mobile Applications

Name	Type	Cost	iOS/Android
Calm	Meditation	Free	Both
Headspace	Mindfulness	Free	Both
Strides	Habit Tracker	Free	iOS
MyFitnessPal	Health	Free	Both
Grateful	Gratitude Journal	Free	Both



BALL STATE
UNIVERSITY

BALL STATE COUNSELING PRACTICUM CLINIC | 765-285-8047