



REMEMBER  
TO TAKE CARE  
OF YOURSELF



## Self-Care



What is it?:



Self-care can be for each one of us this will differ and that is where you will find the magic as it uniquely created and very personal.

Some examples of Self-care after Trauma can be:

Pausing before responding...

Taking the time to listen to your favourite song

Journaling thoughts and feelings

Going for a walk

Grounding in breathwork

Stretching out sore muscles/ Movement Dance

Being creative with writing, art and any other activities that comfort you

Reading your favourite book or a new one that sparks interest or inspires

Spending time in a safe space for you

Eating your favourite healthy foods

Drinking your favourite drinks

Watching your favourite film

Implementing boundaries



**Write down a favourite list of things that you would now identify as your self-care:**

**Note down any new self-care practices that you would like to begin to introduce:**

**Key note – It can take up to 28 days for our mind to reprogramme to a new learned behaviour that we wish to introduce, allow yourself patience and grace when doing this to enable the SEED to be planted within your subconscious mind.**

**This is not something you can enforce with unhealthy force.**

**Completing the activity as soon as you wake and prior to going to sleep will add support on this journey.**

**Journal your mood and experience.**

**When your ready look back on the growth you have achieved.**

**Always remember all SEEDS need warmth, water and fertilisation to grow. You get to decide now what SEEDS you wish to nurture.**