

TCES Occupational Therapy Department



Essex Fresh Start
Independent School



East London
Independent School



North West London
Independent School



Create Service
Personalised Therapeutic Education

SELF-CARE IDEAS

<p>Listen to that one song. Repeat.</p>	<p>Talk to a friend. Or pet. (Wait, those are synonyms.)</p>	<p>Comfort food.</p>	<p>Fold laundry. (Repetition + Productivity = calm.)</p>
<p>Write. Or draw.</p>	<p>Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring...</p>	<p>Make your bed. Fresh sheets!</p>	<p>Drink cocoa by the fireplace.</p> <p>Don't forget the marshmallows!</p>
<p>Look up funny memes.</p>	<p>Compliment someone and watch their face light up.</p> <p>Nice hat!</p>	<p>Take a shower. Better yet, soak in the tub with a magazine.</p>	<p>Read a book. Bonus points if it has pictures.</p>
<p>Make something without caring whether it's "good."</p>	<p>Have a good cry, but keep it short. Use the expensive tissues.</p>	<p>Buy yourself a smallish gift, just because.</p>	<p>Forgive yourself for what you couldn't do today, and resolve to try again tomorrow.</p>

@introvertdoodles