




A TO Z OF SELF CARE

A ACTIVE lots of exercise every day	B BELIEVE in yourself	C CONNECT with friends and family	D DREAM of exciting things
E EAT healthy food	F FEEL and acknowledge your emotions	G GRATITUDE be thankful for what you have	H HELP others and enjoy the feeling it brings
i IMAGINATION use yours	J JOY be joyful	K KINDNESS to yourself and others	L LOVE yourself
M MINDSET move on from your mistakes	N NATURE enjoy all the nature around you	O OPEN your mind to the sensations around you	P PEACE find peacefulness
Q QUIET take time out to relax and recharge	R RESILIENCE you can bounce back – you've got this!	S SLEEP make sure you are getting enough	T TALK positive self-talk
U USE your brain to learn new things	V VISUALISE your fun times	W WALK run and play	X EXHALE slowly and breathe
 elsa support www.elsa-support.co.uk	Y YOGA learn some exercises	Z ZEN be at peace with yourself	

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E	F	G	H
i	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
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