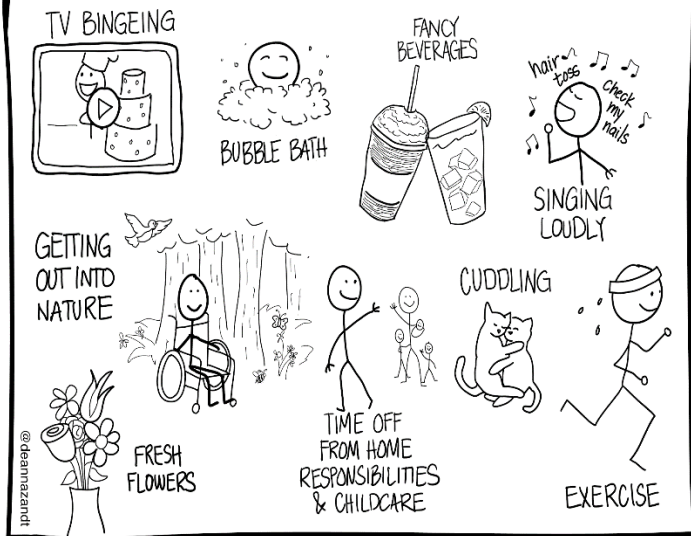


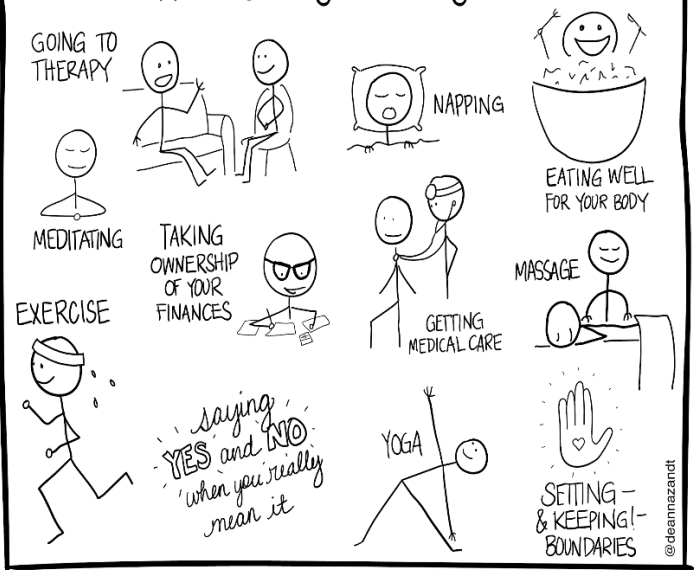
SELF-SOOTHING

Activities that provide distraction and/or comfort in difficult times



SELF-CARE

Activities that help you find meaning, and that support your growth & groundedness



Important Notes:

- **Self-Soothing:** Activities that provide distraction and/or comfort in difficult times
 - o Self-soothing is incredibly important to our well-being! Sometimes these activities may not work to stabilize you or create opportunities to move forward.
- **Self-Care:** Activities that help you find meaning, and that support your growth and groundedness
- **Systems & cultural norms** make it difficult to practice self-care
- **Community Care & Structural Care** are also needed for all people to be able to thrive
 - o **Community Care:** Workarounds for systems that don't inherently support care
Such as: Childcare, Intimate Relationships, Credit Unions
 - o **Structural Care:** Systems that support community care, self-care and self-soothing
Such as: paid family leave, living wages, health care and racial and equity justice
- **Source:** Deanna Zandt (she/her) is a writer, artist and award-winning technologist
<https://medium.com/@deanna/the-unspoken-complexity-of-self-care-8c9f30233467>

Here are some completely free (and easy!) self-care ideas so you can enjoy self-care as often as possible.

1. Read a book or a magazine
2. Walk in nature
3. Meditate
4. Sleep in on the weekend
5. Watch the clouds
6. Unplug from social media
7. Color, draw, or paint
8. Do yoga
9. Breathe
10. Exercise
11. Listen to music or a nature soundscape
12. Dance
13. Spend quality time with a loved one
14. Look at the stars
15. Pray
16. Create a vision board
17. Watch the sunrise or sunset
18. Get out in the garden
19. Light a candle
20. Go to bed early
21. Call a friend that makes you laugh
22. Stretch
23. Take a nap
24. Go for a swim at your local beach
25. Start a gratitude journal
26. Write a bucket list
27. Watch a comedian on YouTube
28. Take a bath
29. Switch off your smartphone for 24 hours
30. Write a list of compliments to yourself
31. Do a jigsaw puzzle
32. Declutter your social media