

Psychoeducational Resources Website – Self-esteem

Self-care Squares

<p><b><i>Emotional</i></b></p> <ul style="list-style-type: none"> <li>• Practice laughter</li> <li>• Allow yourself to cry</li> <li>• Cuddle your pet</li> <li>• Practice self-love &amp; compassion</li> <li>• Practice forgiveness</li> <li>• Watch a funny film</li> <li>• Buy yourself a gift</li> <li>• Tell yourself “I am worthy”</li> </ul>	<p><b><i>Physical</i></b></p> <ul style="list-style-type: none"> <li>• Eat healthy and exercise</li> <li>• Get enough sleep</li> <li>• Turn off your mobile</li> <li>• Get out in nature</li> <li>• Be affectionate</li> <li>• Take holidays and time off</li> <li>• Take your medication</li> <li>• Plan for ‘me’ time</li> </ul>	<p><b><i>Psychological</i></b></p> <ul style="list-style-type: none"> <li>• Think about your positive qualities</li> <li>• Engage in counselling/support groups</li> <li>• Practice self-reflection &amp; self-awareness</li> <li>• Practice deep breathing</li> <li>• Journal</li> <li>• Practice asking for and receiving help</li> <li>• Read self-help books</li> <li>• Go to concerts/ the theatre</li> </ul>
<p><b><i>Spiritual</i></b></p> <ul style="list-style-type: none"> <li>• Practice self-reflection</li> <li>• Spend time in nature</li> <li>• Cherish yourself</li> <li>• Be inspired by moments of awe</li> <li>• Watch a sunrise/sunset</li> <li>• Paddle in the sea</li> <li>• Find a spiritual community</li> <li>• Practice meditation/mindfulness</li> <li>• Sing/dance/play</li> </ul>	<p><b><i>Personal</i></b></p> <ul style="list-style-type: none"> <li>• Express gratitude</li> <li>• Learn who you really are</li> <li>• Figure out what you want in life</li> <li>• Engage in a new hobby</li> <li>• Spend time with people you love</li> <li>• Set short-term goals</li> <li>• Set long-term goals</li> <li>• Write poetry, write a book</li> <li>• Foster love for yourself</li> </ul>	<p><b><i>Work/Study</i></b></p> <ul style="list-style-type: none"> <li>• Take breaks &amp; lunches</li> <li>• Set boundaries – No overtime!</li> <li>• Leave work at work</li> <li>• Learn to say “No”</li> <li>• Take holidays</li> <li>• Take a sick or mental health day if you need it</li> <li>• Plan for your future</li> <li>• Build strong work relationships</li> </ul>