Self care activities

Self care is defined as the practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress. Here are a few self care ideas:

**Inside the House**

- Call someone you enjoy talking to
- Color with crayons or colored pencils
- Cook a favorite meal or try a new dish
- Create a vision board with images from magazines with words and ideas that represent your future
- Create art: music, poetry, stories, paintings, drawings, etc.
- Dance to your favorite music
- Do your hair for fun
- Find a fun game you can play
- Exercise, find a new workout
- Journal
- Light a candle or incense
- Smudge sage in your home
- Listen to a relaxation CD or video
- Look at pictures or create a scrapbook
- Make a list of things you like about yourself
- Make a cup of hot tea
- Meditate
- Paint your nails
- Pick up an old hobby
- Play “dress up” with your current wardrobe, make up new outfits
- Read a book
- Re-arrange the furniture in your home
- Soak your feet
- Take a bubble bath
- Take a relaxing nap
- Watch a favorite movie
- Write a letter to someone

**Outside**

- Do yoga outdoors
- Look at the clouds or stars
- Plant or garden
- Sit on the porch
- Take a walk in nature
- Walk a pet
- Go for a bike ride
- Draw on the sidewalk with chalk
- Clean out the garage
- Wave to a neighbor

**Please know that you are not alone. It is normal to feel these things during uncertain times.**

Visit our website for more tips on stress relief: www.Health.Solutions

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**Health Solutions Support Systems Available in Pueblo**

**Are you feeling overwhelmed with anxiety, fear and uncertainty?**

Give Health Solutions a call. Our phones lines are open 24/7/365.

**VISIT**

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

**CALL**

Health Solutions
Crisis Services
719.545.2746

**STATE HOTLINE**

Colorado Crisis Services
1.844.493.8255

**OR TEXT**

Colorado Crisis Services, text TALK to 38255

Flyer prepared by Courtney Woodka, Health Solutions Marketing Coordinator

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