



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

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

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

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



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