

Taking Action: The ABCs of Self-Care

Affirm yourself and others

Organize your life

Be mindful of boundaries,
breaks, & breathing

Participate in physical
activity

Connect with others

Quit procrastinating and
worrying—take action instead

Do “the dailies”

Reframe negative thinking

Eat 5 servings of fruits and
vegetables per day

Sleep

Find the fun in every task

Track your progress

Go outside

Use technology less

Have healthy habits &
routines

Voice concerns

Identify goals & priorities

Water

Journal your joys

X negative self-talk

Keep things simple

Yoga/stretching/massage

Limit stress and sugar

Zzzz

Manage your energy

Notice the positives

B is for balance.

The ABCs of Self-Care: Strategies

Actions and affirmations

Quotes

Boundaries, breaks, &
breathing

Reframing

Choices and connections

Self-talk

Diet

Trackers

Exercise

Use technology less

Fun

Voice

Goals

Water

Habits

X negativity

Intellectual stimulation

Yoga

Journals

Zzzz (i.e., sleep)

Keeping things simple

Limits

Massages and mindfulness

Noticing joy

Organization

Physical activity and priorities

Happiness is a choice.
