

Therapy For Real Life

Self-Care Cheat Sheet

Get Some Fresh Air

Eat Nourishing Food

Focus On the Positive

Talk To A Buddy

Ask for Support

Take A Break

Schedule Self-Care

**Family/Spiritual/
Cultural Wisdom**

Move Your Body

Celebrate Small Wins

Take A Deep Breath

Express Gratitude

Practice Compassion

Learn Something

Make Safety Plans

**Choose Your Own
Self-Care! ♦**