

SELF CARE - COPING TOOLKIT

MINDFULNESS ACTIVITIES

- doing 1 thing in the moment
- without judgment
- if mind wanders - notice and gently bring self back

SELF-SOOTHE WITH 6 SENSES

- vision
- hearing
- touch
- taste
- smell
- movement

PLEASURABLE ACTIVITIES

- anything you enjoy doing or may enjoy doing
- something that makes you feel accomplished - builds mastery

ACCEPTS SKILLS

- activities
- contribute
- compare
- emotions
- push away
- thoughts
- sensations

IMPROVE SKILLS

- imagery
- meaning
- prayer
- relaxation
- one thing in the moment
- vacation
- encouragement

NOTES

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