

## Self-Care

Self-care comes in many different forms. It’s not all about how often you wash, brush your teeth or changes clothes.

The purpose of this document is to help you think of ways you’d like to improve your life.

These are ONLY suggestions.

Check next to the items you would like to try, there’s room at the bottom to add some of your own.

### Social interaction.

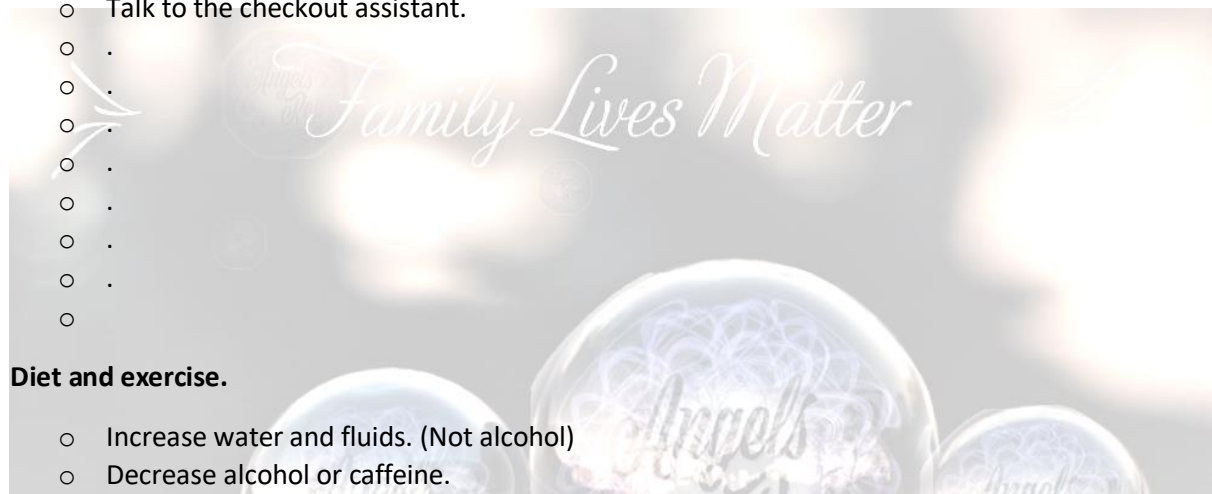
- Join an online social club or group.
- Join a social group or club in your area. Physical interaction.
- Join a dating app. (if single)
- Talk to the checkout assistant.

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### Diet and exercise.

- Increase water and fluids. (Not alcohol)
- Decrease alcohol or caffeine.
- Increase fruit and vegetables.
- Decrease junk foods.
- Take vitamins.
- Be more active, walk to the nearest shop rather than drive.
- Join a gym.

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**Reduce avoidance.**

- Make the appointments you've been putting off (doctor, dentist etc)
- Make the calls you've been avoiding. (Friends, family)
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**Try new things.**

- Take up a new hobby
- Join an organisation.
- Volunteer for a charity.
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**Your own list**

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