Introduction to Self Care

GROUND RULES

- This is your worksheet so don't feel pressured to share anything on it.
- To get the most out of this exercise be honest with your answers
- Self-care acts are not a cure for mental illnesses however they can help to alleviate negative thoughts.
- You don't have to keep this worksheet if you don't want to, this activity is only to help inspire ideas surrounding self-care

TASK 1

What is Self Care?

TASK 2

When should you practice self-care?

Why should you practice self-care?

Spark Teens

TASK 3

Examples of Self Care:

Benefits of Self Care:

Cons of Self Care:

This Blank Space is for Doodling: