

Self-Care Exercise

Instructions: Below is a list of self-care activities. Read through it and make a mark next to those activities you are most likely to enjoy. Then go through the list again and choose your top three picks. Start incorporating them regularly into your week at times when you will be alone or undisturbed. Start small. Plan for success. Perform one self-care exercise the first week, two the second week, and all three in the third week. Take time after each self-care activity to reflect on how you feel physically and emotionally. If you notice that a certain self-care technique works for you, stick with it! If you notice that one doesn't help you to reduce your stress and feel better, then feel free to try a different one. This is valuable time you are investing in yourself, so take time to discover what you enjoy and what you do not. You are worth it!

ADDICTION SUPPORT

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| Take a hot bath | Say positive affirmations |
| Get a massage | Make a gratitude list |
| Read a good book | Engage in positive self-talk |
| Practice meditation | Stretch |
| Practice yoga | Take a nap |
| Try relaxation breathing | Start a new hobby |
| Play a game | Celebrate a small victory |
| Go for a walk | Make a bucket list |
| Bake a cake | Write a letter |
| Call a friend | Cuddle with a pet |
| Practice grounding exercises | Sing a song |
| Take a nature hike | Go swimming |
| Drink water | Draw a picture |
| Practice good sleep hygiene | Sew or crochet |
| Take a hot shower | Watch a comedy |
| Attend church | Listen to birds |
| Light a candle | Look at old photos |
| Drink herbal tea | Paint your nails |
| Pray | Get a haircut |
| Write in a journal | Go to bed early |
| Read poetry | Other: _____ |
| Read inspiring quotes | |