

# What Does Self Care Look Like For Teens?

## Choose 1 Each day, Bad day? Choose 3!

1. Listen to music
2. Take a shower
3. Talk to a friend
4. Watch a movie
5. Read a book
6. Go for a walk
7. Ride your bike
8. Exercise
9. Play with your pet
10. Stretch your muscles
11. Do yoga
12. Meditate or pray
13. Talk to a friend on the phone
14. Go the park with a friend\*
15. Go to the mall\*
16. Get a hair cut\*
17. Take a nap
18. Plan an outing with friends\*
19. Go for a jog
20. Write in a journal
21. Invite a friend to your house\*
22. Go for a swim\*
23. Go for a hike\*
24. Try a new activity
25. Play board games
26. Play card games
27. Play a video game
28. Cook with your parent
29. Go to the spa with a parent
30. Go outside and watch the birds and other animals
31. Make a list of things you like about you
32. Go to the library
33. Write a poem/short story
34. Learn a new language
35. Sing your favorite songs
36. Write a song
37. Learn to play an instrument
38. Make a funny video
39. Draw or paint a picture
40. Make a list of your accomplishments
41. Make a bucket list
42. Write a letter to your future self
43. Make a list of things you're good at
44. Work outside in nature
45. Plant a garden\*
46. Make a scrapbook
47. Trim your nails
48. Visit a museum\*
49. Eat your favorite dessert
50. Take photos of nature
51. Make a playlist of your favorite songs
52. Do a puzzle
53. Play with a sibling
54. Go to the bookstore \*
55. Google information about a different culture
56. Watch funny cat (or otter) videos
57. Read a comic
58. Go outside and watch the clouds
59. Make a playlist of funny movies
60. Turn up the music and dance
61. Make a list of people you look up to and why
62. Practice deep breathing exercises
63. Walk barefoot in grass
64. Read an inspirational book
65. Write in a gratitude journal
66. Do an arts and craft activity
67. Start an art journal
68. Have a good laugh
69. Practice progressive muscle relaxation
70. Volunteer in your community\*
71. Draw or color Zentangles
72. Draw or color Mandalas
73. Unplug and spend time in nature
74. Go stargazing
75. Make a fairy garden
76. Look at family photo albums
77. Read inspiring quotes
78. Listen to running water
79. Snuggle under a cozy blanket
80. Fly a kite
81. Write a love letter to yourself
82. Make jewelry
83. Blow bubbles and be silly
84. Give yourself a self-massage
85. Daydream

# Self Care Tip Sheet

## What is Self Care?

- The purposeful and intentional effort to prioritize your emotional and physical health within your daily routines.

## Why is Self Care Important?

The pressure we put on ourselves and each other every day can be overwhelming. With needing to complete homework assignments, study for tests, participate in sports/training, band, musical, academic games, etc we can quickly see our time disappear and our stress increase. Mix that with trying to work or spend time with friends and family and it can be total overload. This then starts to impact us physically and emotionally, showing up as:

- Feeling more tired
- Trouble sleeping
- Memory issues
- Shorter temper
- Loss (or increase) of appetite
- Weight gain/loss
- Losing interest in things
- Grades dropping
- Performance dropping
- Chest pains &/Or stomach aches
- Anxiety &/Or Depression

## How to Maintain Emotional Health

- Eat Right
- Use your Support System (friends, family, teachers, church)- don't keep things inside
- Get 7-9 hrs of sleep every night
- Find a hobby and do it regularly
- Find Balance- make choices between what you WANT to do and what you CAN do
- Engage in mindful activities; yoga, breathing exercises, coloring, etc

## Angelus Therapeutic Services

Where Hope & Healing Meet

143 E Wallace Ave

New Castle, PA 16101

Phone (724) 654-9555

[www.AngelusTherapeuticServices.com](http://www.AngelusTherapeuticServices.com)

### What are...

#### 3 things you like about yourself?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 3 things you do to take care of yourself?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Your 3 biggest supports?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 3 ways you can be kinder to yourself?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_