

How to Build Your Own Self-Care Toolkit

You might be wondering: What exactly is a Self-Care Toolkit? It's actually a list of things that make you feel good, grounded, and help you take better care of yourself during challenging times.

Once you create your unique Self-Care Toolkit, then start thinking of ways you can adjust it to reflect how you feel on those particularly difficult days when we all need some extra care and compassion.

Here's how to build your own Self-Care Toolkit!

Step 1). First, try to identify your self-care needs.

- What activities or practices help you feel calm, relaxed, grounded, or energized?
- Make a list of those activities that feel most true to you for your needs and lifestyle.
- Here are just some examples:
 - Journaling
 - Cuddling a pet
 - Mindfulness and meditation
 - Talking to friends and loved ones
 - Spending time in nature
 - Moving your body
 - Taking a long, relaxing shower
 - Cooking a healthy and satisfying meal for yourself

Step 2). Make sure your Self-Care Toolkit adjustable.

- These are slight modifications on how you can experience the benefits of items in your Toolkit so you can still feel positive on those days when you have less energy or time to get them done.
- For example, let's say taking a long, hot shower helps you feel positive but you don't have time to take one. Try adjusting your routine by using a warm, wet and soapy washcloth to help maintain good hygiene. Even though using a washcloth may not bring the same calming effect and deep cleaning that a shower does, at least you'll have a way to feel a bit better than you would have if you skipped doing any hygiene method at all.
- Once you've rested and have more time/energy, you can take that relaxing shower!

Continue to check-in with yourself and update your list as you figure out what works best for you. Remember, self-care is the practice of taking an active role in protecting one's own well-being and happiness. There's nobody else in this world who is exactly like you. That makes you very special, like a work of art. So go ahead and take good care of yourself!