

5

SELF-CARE TIPS

SELF-COMPASSION HAS BEEN
SCIENTIFICALLY PROVEN TO DECREASE
ANXIETY, DEEPEN EMPATHY FOR OTHERS,
AND INCREASE PERFORMANCE



NOTE TO SELF

WRITE A NOTE TO
YOURSELF FOR
INSPIRATION OR
HIGHLIGHTING SOME
OF YOUR FAVORITE
TRAITS AND HIDE IT
IN A POCKET OR IN
YOUR NOTEBOOK TO
FIND ANOTHER DAY

PHOTO FILE

MAKE A SPECIAL FOLDER ON YOUR
PHONE OF FLATTERING SELFIES,
PICTURES OF PEOPLE YOU LOVE,
PHOTOS THAT MAKE YOU HAPPY OR
IMAGES THAT CAPTURE YOUR
TALENTS SO YOU CAN GO TO THEM
WHEN YOU FEEL DOWN



WHEN YOU MAKE A MISTAKE OR
SOMETHING DOESN'T GO WELL, TALK TO
YOURSELF THE WAY YOU WOULD A
CLOSE FRIEND, WITH KINDNESS,
PATIENCE AND APPRECIATION

YOUR CLOSE FRIEND

A "ME" MEETING

RESERVE A TIME ON
YOUR CALENDAR
WITH A NOTE OR A
JOKE TO MAKE
YOURSELF LAUGH,
ESPECIALLY AFTER A
STRESSFUL MEETING,
USING THE SAME
LANGUAGE YOU
WOULD USE WITH A
LOVED ONE



SPEND 5 MINUTES EVERY DAY
(EX: WHILE YOU BRUSH YOUR TEETH)
THANKING YOURSELF TO TAKING ON
NEW CHALLENGES OR OTHERWISE
APPRECIATING YOURSELF

5 "ME" MINUTES