STAY-AT-HOME SELF-CARE COLORING BOOK

@selfcareisforeveryone
What is something you need right now?

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Create space for yourself

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SELF-CARE IDEAS:

(In no particular order, choose one or none)

Read a book or just a chapter

Reconnect with your breath

Fill your time with your favorite hobbies!

Drink a warm beverage

Listen to your favorite music!

Take care of your space

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TAKE CARE OF YOURSELF AND THOSE IN NEED

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As you wash your hands, consider using this time to focus on your breath, say a mantra, or simply focus on something that makes you feel grateful.

1. Palm to palm
2. Right palm over left dorsum, left palm override dorsum.
3. Palm to palm, fingers interlaced.
4. Backs of fingers to opposing palms with fingers interlaced.
5. Rotational rubbing of right thumb clasped over left palm & left thumb over right palm.
6. Rotational rubbing backwards and forwards with clasped fingers of right hand in palm of left hand and vice-versa.

Hands and wrists rubbed till end of 10 sec period. The number of strokes in each step is five.

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Become aware of your breath

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YOU ARE NOT ALONE.

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THIS IS TEMPORARY

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WE WILL GROW THROUGH THIS

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You are loved!

STAY CONNECTED

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Dear valued member of our community,

Thank you for taking the time to take care of yourself during these uncertain times. If you need more reminders or resources you can find them at selfcareisforeveryone.com

In Gratitude,

The team at Self-Care Station