



## Counselling Connection

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TOPIC: SELF -CARE

### Self Care Ideas:

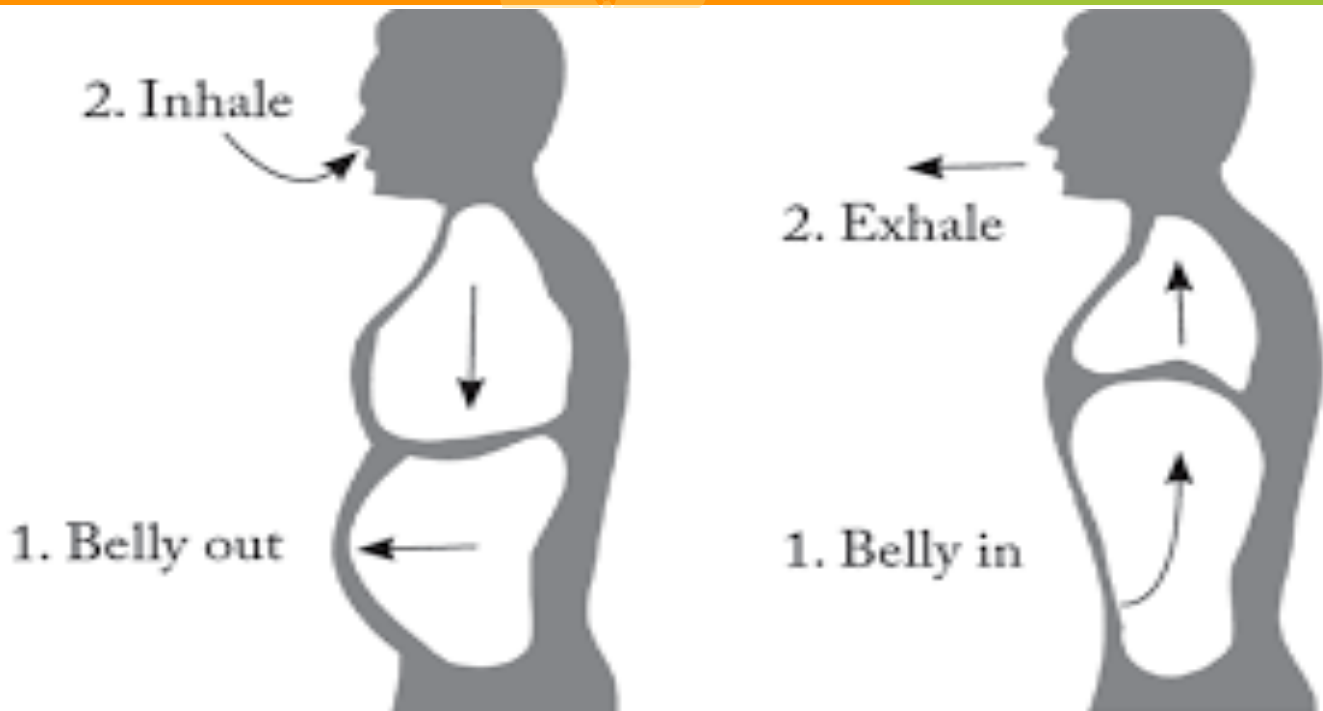
- Go for a walk/run
- Have a hot bath
- Sit in the sunshine
- Go to bed early
- Phone /face time with a friend
- Pray
- Belly Breathe
- Listen to music
- Meditate
- Read for fun
- Exercise
- Engage in hobbies
- Take a lunch break
- Play with pets

### What Is Self Care?

Self Care is the practice of taking time to attend to your physical, mental and emotional needs.

Parents, this is a great time for you to model self care, and get your children to be involved in creating their own self care schedules!





## How To Take A Breathing Break

1. Find a quiet room or outdoor space
2. Sit or lie in a comfortable position
3. Relax your head, neck and jaw
4. Close your eyes - place one hand on your belly
5. Breath in slowly through your nose. Feel your belly rise
6. Breath out very slowly through your mouth. Feel your belly deflate
7. Focus on your breathing as you inhale & exhale
8. Notice the sound of your own breath
9. Notice how the belly feels filling with air and gently, slowly letting go
10. Enjoy a few minutes of being completely present

## CARING FOR YOURSELF CAN:

- Increase productivity
- Decrease feelings of isolation
- Allow you to recharge and decrease stress/anxiety
- Increase patience and energy
- Allow time for self-reflection
- Contribute to a healthy immune system

*“Almost everything will work again if you unplug it for a few minutes, including you.” Anne Lamott*