



Self-Care Card Sort

Sort the cards printed below into the self-care strategies (there are blank cards for you to write down any self-care practices you already use): Health, relaxation, meaning and purpose, connection

Mediation



Going to the gym



Going to a party



Playing with a pet



Having a candle lit bath



Reading a book



Listening to a podcast



Dinner with a friend



Sitting on the beach



Taking a daily vitamin



Playing sport



Spending time with family



Taking a walk



Going to a spa






A country drive



Texting a loved one



<p>Taking a break</p> 	<p>Learning something new</p> 	<p>Visiting an art gallery</p> 	<p>Getting a massage</p> 