

Self Care Ideas

Always remember YOU are important.

Self care consists of a variety of techniques you can use to manage mental health difficulties and maintain mind. Self care techniques can also help you if you are feeling stressed, worried or burnt out. You can try care activities by yourself or with your family and friends:

- Go out for a walk or a jog
- Take a break from your phone and social media
- Wear your most comfortable and cosy pyjamas all day
- Watch your favourite movie
- Read a book
- Take a warm bubble bath to relax your muscles
- Practise mindfulness – acknowledge and accept your thoughts, emotions and behaviours
- Keep a journal
- Practice gratitude (remind yourself what you are grateful for)
- Mindful drawing/colouring/painting
- Listen to Bani and Simran
- Naam Japna
- Connect with Sangat at the Gurdwara
- Sit outside and listen to the birds
- Take a nap (try not to sleep for too long though!)
- Buy yourself something (clothes, flowers, chocolates)
- Forgive yourself if you couldn't complete every thing you had planned today, try again tomorrow!

The list is endless!

Try and incorporate self care into your daily routine or you could dedicate at least one day in the week for self care. Most importantly, put your health first and do things you love and enjoy!



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