



Causeway Galveston Presents:

Self-care

“Self-care means
giving yourself
permission to pause.”

— Cecilia Tran

GIRLS' NIGHT IN

Self-care is about being as kind to yourself as you would be to others. It's being self-aware and knowing when you are running on empty, and taking the time to replenish yourself with good things.

Importance of Self-care:

- *It affects your physical health*
- *It affects your mental health*
- *It gives you a break from stress*
- *It gives you time alone*

Self-care Strategies:

- *Color some adult coloring books.*
- *Bake something just for fun.*
- *Do some gardening. Dig your hands into the dirt and enjoy the feeling.*
- *Find a shop with tea, coffee, or spices and enjoy the free smells for a while.*

Articles:

<https://www.kiddiematters.com/80-self-care-activities-teens/>

<https://www.developgoodhabits.com/self-care-ideas/>

Videos:

<https://youtu.be/sUKKJapwUXc>