




Self Care

 <p>The image shows a cluster of orange and red coronavirus particles. To the right, the text "Corona virus" is written in black, with "COVID 19" in smaller red letters below it. Below the virus particles is a white sign with a black border and the word "Closed" in bold black letters, hanging from a chain.</p>	<p>A lot of our everyday routine has changed in the last few weeks because of the Coronavirus.</p>
 <p>A photograph of three women wearing colorful, patterned traditional clothing. They are all smiling and have their arms raised in a celebratory gesture.</p>	<p>You might be feeling lots of different emotions or feelings.</p>
 <p>A photograph of a diverse group of seven people of various ages and ethnicities standing together. They are all smiling and looking towards the camera. One man in the foreground is wearing glasses and a dark sweater.</p>	<p>Everybody has feelings or emotions.</p>
 <p>A large, bold, green checkmark symbol.</p>	<p>It's okay to have feelings or emotions.</p>



There might be times when you feel worried



There might be times when you feel sad



There might be times when you feel stressed or overwhelmed



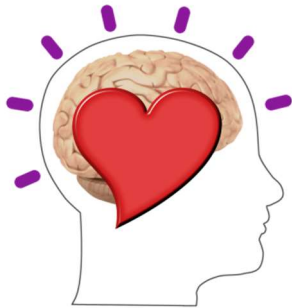
There might be times when you feel lonely



There might be times when you feel afraid





Sometimes you might feel like your emotions are too big to handle. You might feel like you have too much emotions



There are lots of things you can do if you feel you have too much emotion or emotions that are difficult.



You can make a box of things that make you feel good or make a list of activities you like to do. This is sometimes called your self-care toolkit.

	<p>Staff or a family member may be able to help you think of these activities.</p>
	<p>You can use your toolkit when you feel worried, or stressed, sad, lonely, afraid or tired. Your self-care toolkit helps you to feel better.</p>

Here are some examples of things you can do when you're feeling overwhelmed or feel like your emotions are too much or too difficult. For example, have a long bath, listen to your favourite song or songs, do some arts and crafts, call someone you love, cuddle a pet, make a cup of tea, watch your favourite t.v. programme or film. You can make a self-care toolkit of all the things that help to make you feel better and activities you like to do. Here is an example of a self-care toolkit.



Enjoy a hot chocolate



Listen to my favourite music



Colouring or other Arts and crafts



Watch TV or a DVD



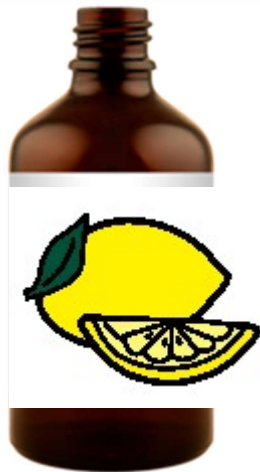
Make a cake



Exercise



Have a bath



Smell some calming oils like lavender or lemon.



Do some belly breathing or relaxation exercises.



Enjoy nature. Enjoy the sun. Sit in your back garden.



Spend time with pets.



Enjoy a cup of tea.



Go for a walk.



Talk to staff or family or friends

