



Tool Box Talk

Self Care is Important!

It is important to take care of yourself, especially after a stressful, busy day at work. Taking time for yourself and to do something that relaxes you is great for your mental and physical health.

Self Care Activities

- Read a book
- Meditate
- Go for a walk
- Write in a journal
- Watch your favourite movie or tv show
- Listen to some music
- Clean/declutter
- Draw/colour
- Stay hydrated
- Exercise
- Get some sleep
- Skin care
- Call a loved one
- Limit social media time
- Have a spa day
- Take a bath/shower

When creating a self care routine, make sure you choose an activity/activities that bring you joy!

Engaging in a self-care routine has been proven to reduce or eliminate anxiety and depression, reduce stress, increase happiness, and more. It can help you adapt to changes, build strong relationships, and recover from setbacks.

