

KYDS' Self-Care Tips

Go for a walk
in nature

Treat yourself
with your
favourite
food

Do an
activity that
makes you
feel good

Care for a
plant or
spend time in
your garden

Create an
artwork

Write a list of
things you
want to
accomplish

Don't be
afraid to
say 'no'

Do some
mindfulness
colouring

Watch a
movie

Talk to your
'safe space'
friend

Light a
scented
candle

Write down
your thoughts
in a journal

Write a list
of things
you like
about
yourself

Eat your
lunch
outdoors

Make a
cuppa and
relax

Enjoy a
bubble bath

Write down 3
things you
are grateful
for

Listen to
your
favourite
music

Volunteer in
the
community

Take a few
moments to
breathe
(slow, deep
breaths)

Create a vision
board
(images,
words, ideas)
for your future

Hold space for
your feelings

Connect with a
friend

Try a guided
meditation

Declutter
your space

Watch the
sunrise/sunset

Get plenty of
sleep

Ask for help
when you
need it

Cuddle a pet

Disconnect
from
technology

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YOUTH DEVELOPMENT
SERVICE

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