Self Care Wheel

Self Care Wheel is an empowering, affirming, and positive tool to manage stress, increase contentment and life satisfaction. It was created by Olga Phoenix and is available in multiple languages.

Info Counselling

Collection of 151 self care ideas to increase mindfulness and avoid burnout.

Action for Happiness

Action Calendar from earlier this year dedicating and organizing a month of self care.
Self Care

Self Care Challenge

Self care for you might be different from someone else. Choose 5 items from this list (or add your own) that helps to bring some extra joy and laughter to your life. Work to making an effort for doing at least one of the 5 chosen activities every day for the next 30 days. When you do them, be mindful and present in the fact that you are doing it to gain fun, love, sanity, whatever you might need a bit more of right now. right now.

1) Watch a stand up comedy special on Netflix, anything that will make you laugh out loud.
2) Pick up an old hobby that you haven't touched in years.
3) Think about a comfort food you love and try find a way to make it yourself.
4) Call a family member online that you keep meaning to connect with, but never have the time.
5) Take a walk, even just around the block.
6) Drink an additional glass of water than you normally do.
7) Come up with your own 'Dad Joke' and send to a friend.
8) Write a positive affirmation on a post it note and stick it on your bathroom mirror.
9) Think of a language you always wanted to learn and pick out just 10 positive words to focus on.
10) Create a playlist of songs that bring back positive memories of your youth.
11) Pick the time you intend to go to bed, then aim for 30 minutes sooner.
12) Find a book you've been meaning to get to for years and read one chapter.
13) Catch yourself on auto pilot. Notice when you're zoned out, take a deep breath, and be present.
14) Cuddle with a partner or pet for 5 minutes and focus just on being in the moment.
15) Do a guided meditation in the mornings to start your day.
16) Think of 3 positive words that your friends would use to define you.
17) Draw a self portrait, regardless of current talent level.
18) Journal out at least 2 sentences at the end of the day about things that made you smile that day.
19) Even when stuck indoors during the pandemic, dress up in a nice outfit and/or makeup.
20) Think of the person close to you and something that would make them happy. Find a way to do it.
The self care tower is a fun twist on how to be more consistent and have a little fun with your self care practices.

Let’s take a look at how some of the CASSY staff does self care!
Counseling and Support Services for Youth

Self Care Word Search

acceptance  energized  laughter  pleasure  stretch
adventure  focused on process  meditate  present  support
alone  food  mental health  quiet  time
breathe  forgiveness  mindful  rejuvenated  water
burnout  gentle  morning coffee  relax  yoga
burnout  goals  music  self care  slowing down
community  intentional  new hobbies  socialize
curiosity  journal  peace  schedule 

CASSY
Counseling and Support Services for Youth
Self Care Word Search

ACCEPTANCE  ENERGIZED  LAUGHTER  PLEASURE  STRETCH
ADVENTURE  FOCUS ON PROCESS  MEDITATE  PRESENT  SUPPORT
ALONE  FOOD  MENTAL HEALTH  QUIET  TIME
BREATHE  FORGIVENESS  MINDFULNESS  REJUVENATED  WATER
BURNOUT  GENTLE  MORNING COFFEE  RELAXATION  YOGA
CASSY  GOALS  MUSIC  SELF CARE  SLOWING DOWN
COMFORT  ICE CREAM  NATURE  SOCIALIZE
COMMUNITY  INTENTIONAL  NEW HOBBIES  SCHEDULE
CURIOSITY  JOURNAL  PEACE  SELF CARE  SLOWING DOWN
Counseling and Support Services for Youth