

A
Art
Animals
Air

B
Books
Bathe
Bananas
Breathe
Baked goods
Brush hair or teeth

C
Creating
Cooking
Candles
Chocolate
Cats
Calling a friend
Calligraphy

D
Dancing
Drawing
Dogs
Drink water

E
Eating
Electronic devices

F
Friends
Family
Fencing
Football
Faces (silly)
Five Things

G
Gardening
Gaming
Grounding
things that make
you feel Good

H
Hair
Hanging out
Helping others

I
Imagining
Ice skating
Icecream
Intense exercise

J
Journalling
Jigsaws
Jumping for Joy

K
Karate
Knitting
saying something
Kind to yourself

L
Laughing
Learning
Lollies

M
Memes
Music

N
Nice words
Nachos
being Neat

O
Open spaces
Outside
Outfits

P
Photography
Puzzles
Pancakes
Piano

Q
Quiet time
Quizzes
yasss Queen
Quilling

R
Relaxing
car Racing
Reading

S
Swimming
Sensory box
Sleeping
Slowing down
School
Snakes
Selfies

T
TV
Typing
Talking
Turn off devices
Tea

U
Fresh Underwear
YouTube

V
eating Veggies
Vaccuming

W
Walking
Writing
Water (visiting)

X
eXciting things
eXist
eXamining symptoms
of a panic attack
eXhale

Y
Yell into a pillow
Yarn

Z
Zumba
Zzzzzz

SELF CARE A-Z

