

# Jade Herriman

Art, art therapy, coaching, group facilitation

## Self Care Tool Kit



Taking a quiet warm bath by candlelight	Buying a bunch of fresh flowers for home
Walking in nature and noticing sights and sounds	Spraying home with an essential oil room spray
Going for a brisk 20 minute walk	Sitting by the water
Going to the movies with a friend	Swimming in salt water
Taking some spending money and going second-hand shop just for fun	Buying a bunch of fresh flowers for a friend, neighbor or colleague
Going for a run outside	Spending time with an animal
Washing your hair with something that smells nice and drying it with care	Writing a card of appreciation or care for someone in your life
Buying a new houseplant for home	Watering the garden or indoor plants
Feeding, mulching or trimming plants in the garden	Asking two friends to join you for coffee this week
Sketching an object that is precious to you or has sweet memories	Taking yourself to an unfamiliar neighbourhood and walking around it
Finding an inspiring podcast to listen to while you do housework	Listening to music you enjoyed when you were younger
Going to the movies alone in the daytime	Finding a comedy gig and buying tickets for it

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Borrowing books from the library	Reading a fun novel
Watching a silly movie	Making a regular catch up date with a friend or family member
Packing yourself a picnic lunch and blanket and going somewhere new	Making a list of all the people from history who inspire you
Going to a dance class	Inviting someone over for dinner
Taking some photos of things that you find beautiful	Finding someone who needs some kindness this week and doing something for them
Calling someone you like who you haven't spoken to for a while	Watching the clouds
Writing in your journal about how you feel and what you want	Finding poetry and writing some out in a special notebook
Washing your face with something that smells lovely and is good for your skin	Finding one affirmation to work with this month and thinking of ways to put it around your house
Painting your toenails	Screaming into a pillow
Going to your GP to talk about health worries that are on your mind	Find a website or blog for people who experience what you experience
Telling yourself 'I am safe. I am enough'	Telling yourself 'I matter. What I want matters.'
Eating your favourite fruit mindfully	Reading old cards from loved ones

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Going for a walk in the middle of the day	Asking a group of friends what their favourite book of the last year was
Going to an art store to enjoy the colours	Lending someone you trust a great book
Eating more colourful raw vegetables	Drinking enough water every day
Finding a counselor, psychologist or therapist to work with	Going to an art gallery for the afternoon
Taking a friend with you to the places you find daunting	Calling Lifeline or Beyond Blue to speak with someone
Setting a timer for 10 minutes and decluttering a surface/ cupboard	Looking through old photos that make you happy
Taking a hard task to a café to do	Telling someone kind how you feel
Saying 'I'm sorry I'm fully booked now for this month' if you feel overloaded	Giving yourself permission to feel your feelings
Reading an old favourite book that always helps you find meaning	Complimenting a stranger on something genuine
Meeting a friend for a coffee and a walk	Smiling and talking to shop attendants and bus drivers
Doing practical self care like grocery shopping or meal planning in advance	Going to a fabric store to enjoy the colours and textures
Watching a sad movie	Listening to classical music

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Forgiving yourself for your mistakes or 'flaws'	Opening up the windows and curtains at home to let some light and air in
Drawing or painting how you feel	Getting a hug
Going to church/ temple/ mosque	Getting a massage
Watching you tube videos of kittens playing or something else that makes you smile	Slowing down and allowing yourself to have a really good cry
Telling yourself 'I can trust myself. I am good enough.'	Creating a vision board for the next 2 or 5 years
Volunteering at a one off event	Offering to help someone
Pray using existing prayers or creating your own	Asking someone if they need help and how you can help them
Writing a letter to your MP about an issue that you care about	Congratulating someone on the work they are doing on an issue you feel strongly about
Wearing a colour that makes you happy	Trying a hobby you used to like but haven't done for a while
Wearing textures that you find soothing or delightful	Making someone a handmade card or gift
Supporting a cause you have always felt strongly about	Going to a class or workshop to learn something new
Meditating	Asking for help with a hard task