



SELF CARE

Read through the Self Care? No way! TLC For Beginners factsheet at tuneinnotout.com to help you complete your action plan.

Start small - Everyday self care



Be sure to schedule them in!



Warning flags I need extra self care



How to fund my 'feel better' bank

Things that make ME feel good



Nourish my body



Care for my body



Rest the mind and body



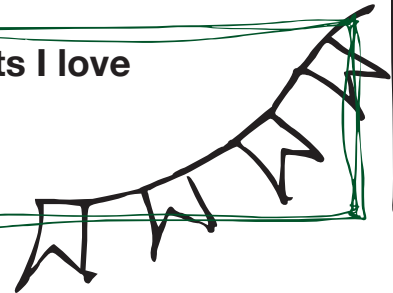
Move my body



Emotional care



Treats I love



Barriers What might stop you completing your TLC?



= My SUPER self care powers

Drawn on these when times are extra tough