



WOMEN'S HEALTH
IN THE NORTH



Self-Care Strategies

Consider which of these self-care strategies are relevant to you and could be implemented into your life.

- Strike up a conversation with friend, colleague, family member that does not revolve around work / study.
- Get a book from the library (free) or bookstore about some topic you've been interested in, but have never taken the time to learn. Afterwards, spend a few minutes each day learning about it.
- In the morning, listen to music that inspires and motivates you.
- Go through your wardrobe and purge the clothes you haven't worn in years. Donate them to an op shop.
- Start a cycle of encouragement. Tell someone near you what you appreciate about them. They may return the favour when you need it most.
- Make do and mend! Learn how to sew, crochet or build via an online tutorial.
- Send a completely random care package to someone you love. Who doesn't love a surprise?
- Try out a form of martial arts or physical activity you may not yet have done.
- Take a moment at the end of each day and consciously list a few good things in your life. This can help refocus your emotions on all the positive things that happen each day, even when it doesn't seem like it.
- Turn off your phone and step away from the computer for a whole day.
- Go for a walk by yourself with headphones on, listening to music you love.
- Create something for no practical purpose such as a song, a poem, an essay, a painting, a drawing, a comic strip, a collage.
- Shower or bath with all the lights off. It forces you to move incredibly slowly and it's so relaxing. Make sure to have safety mats in place so you don't slip on your way out.
- Rearrange all of your furniture in a way that makes you more comfortable or just to try something fresh in your living space.
- Spend time with animals.

- Check in with yourself a few times each day and take a moment to process your thoughts and emotions. Don't let them build up.
- Call your friend or sibling when you know they can't answer and leave a voice mail message, sharing a funny memory or time. You'll spread a little laughter while also laughing in the process.
- Karaoke, but do it completely sober.
- Roll out a blanket and eat your dinner on the grass at home or in the park. Invite someone else if you'd like company.
- Listen to an album you loved when you were younger but haven't heard in a long time.
- Reflect on the struggles your ancestors endured so you could exist and remember that you have inherited their strength and resilience.
- Try to find a specific constellation in the sky tonight.
- Set your camera to macro and take close-up pictures of bugs, flowers, and anything else that catches your eye outside your home or in a public space.
- Learn a new board game you've never played.
- Find a spot in a busy place and sit in silence with nowhere to be.
- Build something spectacular with Lego, either from a kit or from your imagination.
- Plant something—a tree, a small vegetable garden, a flower.
- If you live near a body of water and have access, go kayaking or canoeing with a buddy.
- Get in touch with the environment any way you know how – it is proven to lift your spirit.
- Learn the basics of a new language.
- Go to a comedy club. Laughter really is the best medicine.
- Go for a bike ride or a drive to nowhere in particular.
- Listen to a chapter or two from an audiobook, radio program or podcast.
- Book a night at a hotel or campsite outside of town, somewhere you've never spent much time. Explore the scene and enjoy the sights.
- Ask for help when you need it. It sounds simple, but trying to handle everything without help causes stress and anxiety for a lot people.

- Start a blog and share your positive feelings. You never know how your words might touch people from all over the world!
- Learn the history of civil disobedience in your city.
- Go to No Lights No Lycra and dance in the dark with strangers.
- Learn how to tactfully say no to invitations or requests at times when you already feel overwhelmed.
- Learn the history of the waterways in your local area.
- Use the Internet for its intended purpose and look up things that entertain, amuse or interest you.