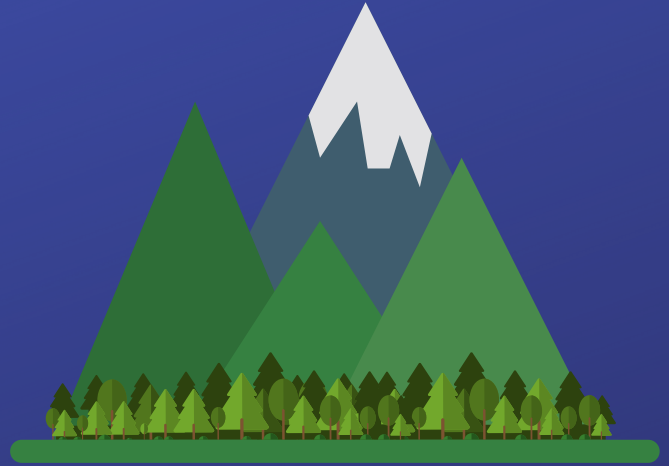




# ALL ABOUT SELF-CARE



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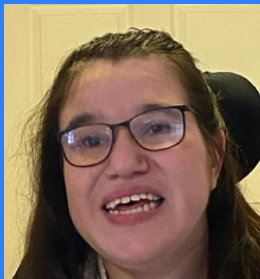


**TOP TIPS ON SELF-CARE FROM THE YOUTH ADVISORY BOARD**



Ally

Self-care is important for me to practice because I'm an empath. I can feel others emotions and energies. Working in fields that serve others can be exhausting at times. When I practice self-care I am able to refuel my energy and continue on with daily life. I also am able to practice loving myself through self care. For self-care I read, take baths, meditate; spend time outside and with my pets.



Emily

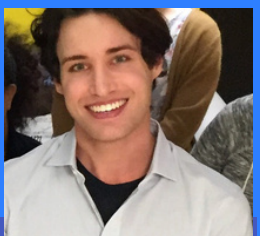
In my opinion, self-care is participating in activities that you enjoy but also practicing ones that are healthy for you. For example, self-care is getting an adequate amount of sleep to be able to function. Self-care is very important because you are not able to perform well professionally if you are not taking care of yourself. You may also feel burnt and realize you need to take some time for yourself. One may decrease their workload, cut back on college courses, or decline social activities. Realizing that you are spreading yourself too thin and need to downsize is an act of self-care.

I practice self-care several different ways. For me, it means having a regular sleep care schedule. I also enjoy bingeing Netflix and watching shows on non-streaming TV. I attribute this self-care activity to having limited entertainment options growing up physically disabled. I also like to read as a form of escapism from the real world. I also like listening to music. No one teaches you how to practice self-care. You need to learn how prioritizing yourself is perfectly okay.



Jake

Self-care is a lot more important than you may believe it to be. Self-care spans throughout your whole day, week month, and year. Do whatever makes you feel happy, whether you feel enriched by getting outside, or even by listening to your favorite band. We often forget about taking care of our own needs as we think of those around us. This is a time when we can't afford to put ourselves last on the list. So, whatever puts an ear-to-ear smile on your face, once you have discovered this, you will feel like you own the world under your feet!



Michael

Self-care is important to me as a form of self-respect. By taking time to ask myself what I need each day, I can be better for everyone later on. I personally love going on walks, reading, and cooking as forms of self-care. I think for me a huge part of it is being consistent - and not avoiding taking care of myself until there is burnout.

# SELF-CARE RESOURCES CREATED BY THE YOUTH ADVISORY BOARD

**Where are you at?**

This wheel represents areas of your life. This tool can help you figure out what areas in your life are working, and any areas that could use some growth.

**How To**

- 1) Rate each category from 0-10 by level of satisfaction (10 being fully satisfied)
- 2) Connect the dots and fill the inside of the wheel to visually see the balance of your life.

**Next Steps**

- What do you notice when you look at your wheel?
- What does your answer tell you?
- What area would you like to focus on?
- What are you doing in your life to move forward in this area?
- What would success look like in this area?
- What action steps can you take to move forward?

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**Self Care Plan**

What do you currently do right now in each area of wellness? What else would you like to try?

Areas of Wellness	Current Habits	Habits to Build
<b>Physical</b> Exercise, eating healthy, and sleep		
<b>Spiritual</b> A higher purpose and a meaningful inner life		
<b>Social Life</b> A sense of belonging and connection		
<b>Emotional Health</b> Able to deal with life and being in control of thoughts, feelings and behaviors		
<b>Environment</b> Controlled how your health is affected by natural, man-made and social areas		
<b>Finances</b> Able to manage money and plan for the future and emergencies		
<b>Intellectual</b> Having lifelong learning and being open to receiving and sharing knowledge		
<b>Occupational</b> Work that provides personal satisfaction that is consistent with your values, goals and lifestyle		

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**Self Care Plan**

What coping skills do you know that are current habits? Some coping skills may be useful, and others may not be. Brainstorm ideas here!

Useful	Not Useful

- Which of these would you like to continue or get better at?
- Which would you like to change or use less frequently?
- What do you have to do to replace some of the unhelpful coping habits?

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**Where are you at?**

**Self-Care Plan**

**Useful vs Not Useful**

**Next Steps Plan**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What will I do:	When will I do this:	Check-in Person

**Who can support me?**

Who is my support person?	I will contact them for:	When I feel/experience:

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**Emergency Self Care**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Self Care Tools	Helpful (What to do)	Harmful (What not to do)
<b>Relaxation</b> What helps you relax? What makes you more upset?		
<b>Self-Talk</b> What are some helpful things you can say to yourself? What are harmful thoughts to avoid?		
<b>Social Support</b> Who can you reach out to for help and support? Who should you avoid in times of stress?		
<b>Mood</b> What activities can you do to feel better? What should you avoid doing?		
<b>Resilience</b> What helps you get through tough times? What feeds negativity for you?		

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**Time Management - What's working?**

Fill this out as best as you can!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Even when I am busy, I find time to \_\_\_\_\_

I never delay about \_\_\_\_\_

I am able to tackle difficult \_\_\_\_\_

It is easy for me to say no to \_\_\_\_\_

Meeting deadlines is easiest for me when \_\_\_\_\_

I am at happiest working when \_\_\_\_\_

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**Next Steps Plan**

**Emergency Self-Care**

**Time Management**

# THE LATEST YAB VIDEOS



## [Resilience](#)



## [Supporting Young Adults in College](#)



## [Intro to Healthy Relationships & Sexuality](#)