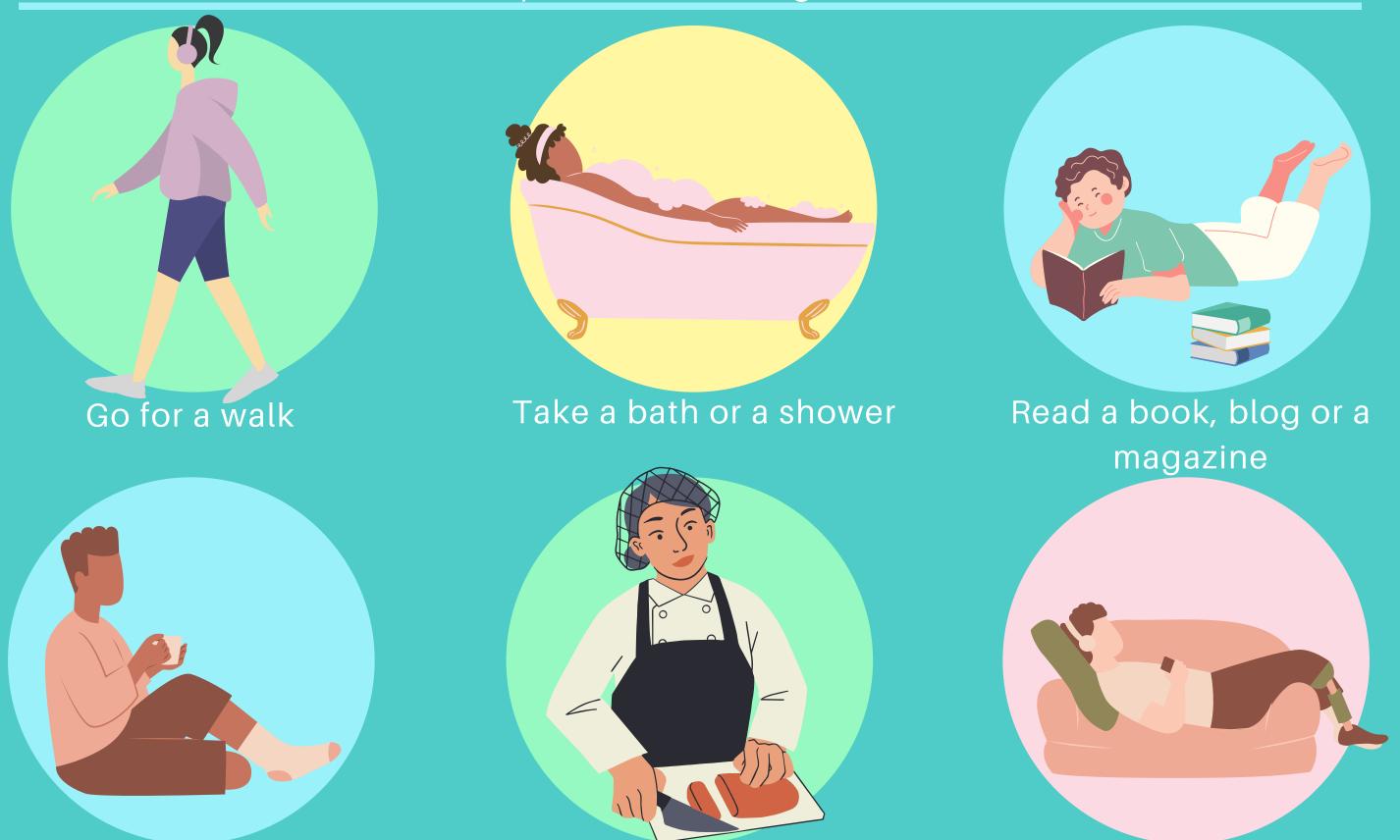
• SELF CARE IDEAS •

It can sometimes be difficult to think of ideas, particularly at times of stress. Below are a range of different ideas of self-care activities, some of which you may already do or some may need reconnecting with.



Enjoy a favourite hot drink

Make a nice meal

Listen to music, a book or

NHS

NHS Trust

Hull University

Teaching Hospitals







Spend time in the garden



a podcast

Play a board game



Practice good sleep hygiene

Chat with friends and family

Drink plenty of water