

<b>Resource Title:</b>	<b>Carly's Self Care Tips</b>	
<b>Source:</b>	<b>Transition Quality Empowerment Project (TQEP)</b>	
<b>TD Indicator</b>	<b>TD Sub-Indicator</b>	<b>Transition Skill</b>
Youth Development Independent Living and Community Engagement	Self-Awareness, Self-Managing Skills, Mental Health Supports	Self-Awareness Skills, Self- Managing Skills, Basic Living Skills, Problem solving skills.

### What is it?

- Lesson Plan
- Tool Kit (package of items)
- Tip Sheet
- Website
- Presentation
- Other

### Who is leading this?

- Stakeholders
- Family
- Youth

### Target audience?

- Stakeholders
- Family
- Youth

### What is included?

This resource contains useful tips for youth development and personal growth as an individual. It is focused in finding self-awareness and the control of one's emotions and feelings through easy steps or tips to follow. It also provides a small list of engaging activities in order to help a person relax and concentrate on the individual's well-being.

# Carly's SELF CARE Tips!



## Items to include:

- Pictures with Friends or Pics of things that Inspire you
- List of Coping Ideas
- Slime/Putty/Stress Ball
- Coloring Books
- Positive Quotes or Self Affirmations
- Face Mask
- Comfort Food or Drink

## Remember:

- Make time for yourself
- It's OK to say "No" to things that make you uncomfortable
- It's not selfish to think about your needs too
- Go outside, even if it's only for 5 minutes - Getting outside can help boost your mood
- Hanging out with your pet can bring you joy and happiness
- If you take medication, be sure to take it on time - Staying healthy is one of the best tips!
- Respect your limits and listen to your body
- Last, be sure to feel your emotions! It's important to be able to identify your feelings!



#TQEPTuesdays



transitiondiscoveries



transitiondisc1



transitiondisc1