

Strong Spirit, Safe Mob Self-Care Exercise

Keeping your spirit strong

Caring for yourself is not selfish and needs to be a priority in stressful times —if your spirit is strong, you can help keep your mob strong and safe. Pay attention to when your spirit feels weak – it might be a sign that you need to put aside extra time to recharge or seek help. We all have different things that strengthen our spirit. This exercise will help you figure out what things work for you.

What is self-care?

Self-care is not just about bubble baths, watching feel good movies and eating delicious cakes. It can also involve doing things that you have been putting off, like the dishes, or making sure you're eating well and moving your body regularly. Most importantly, self-care is defined by you.

How do I use this resource?

You can fill out this document or put together a physical self-care “box”. You don't have to do this exercise by yourself, it could be a family project! Get creative with it!

Take your time. This resource is for you, to be done in your way, at your own pace. Use it to remind you of ways to stay strong, and update it as things change. In your self-care box you will have activities, tools and strategies that you can do quickly or when you have a bit more time. So let's break it down...

What can you do now?

When you feel stressed what can you do in the moment that will help you to feel more centred and calmer within yourself? Think of strategies or activities you have used in the past. Whatever you write here needs to be quick and easy. It could be:

- reading a powerful quote and saying it out loud
- listening to your favourite song
- looking at a picture of country or your loved ones on your phone
- resisting things that make you feel good for a moment but are not good for you in the long run
- completing quick and small tasks that you have been putting off.

What can you do when you have more time?

It can be hard to make time for yourself when life gets busy. When you have more time, follow up with yourself and do something you enjoy or make choices that keep your spirit strong. It could be:

- watching your favourite TV show/movie
- writing, painting, recording or drawing your stories
- preparing your meals for the week
- setting times to move your body during the week.



What can you do now?

Ask yourself: What can I do quickly to stay strong in the moment for my mind, body, spirit and relationships?

Mind	Body	Spirit	Relationships



What can you do when you have more time?

Ask yourself: When I have more time, what can I do for my mind, body, spirit and relationships that's calming, fun or practical?

Mind	Body	Spirit	Relationships