	# Self Care Help Sheet **(things you can do if you are having a bad day)** made with photosymbols®

	This is a list of things you can do if you are having a difficult day and need to look after yourself
	The list was made by people at the Speak Out Tuesday Zoom Drop In, to help each other
	It is important to look after ourselves and each other during the pandemic
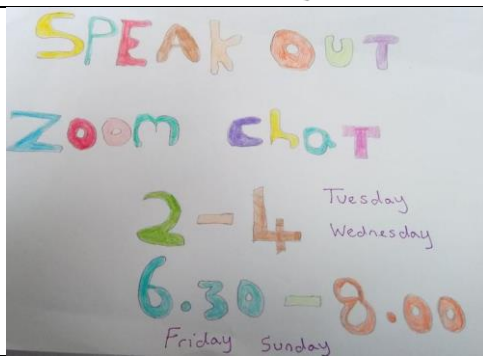
You could…

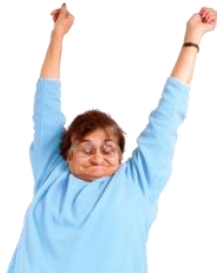|	
	Talk to someone about how you are feeling
	Write down how you are feeling (you can rip it up afterwards if you like)
	Draw a picture about how you feel
	Watch your favourite movie

	Do some colouring in or make something
	Have a treat
	Listen to music
	Do some stretching
	Go for a walk
	Go out and enjoy nature, do some gardening

	Go and see a friend, plan something (depending on the lockdown rules at the time)
	Cuddle a teddy or a cushion
	Have a bubble bath or use some essential oils for relaxing smells