



CRIS TOP TEN TIPS FOR A SELF-CARE TOOLKIT

Self-care is a huge practice to develop. Here are our favorites!

- **START/END EACH DAY WITH A GRATITUDE/ MINDFULNESS PRACTICE**
- **ASK FOR HELP WHEN FEELING DYSREGULATED**
- **GET OUT IN NATURE AND GROUND YOURSELF**
- **BE A STRESS DETECTIVE- RECOGNIZE TRIGGERS, REDUCE EXPOSURE, RESTORE BALANCE**
- **WRITE A SELF-CARE PLAN AND CREATE A CO-CARE PLAN WITH A FRIEND**
- **CONNECT WITH A FRIEND FOR A "HIGH-FIVE" MOMENT VIRTUALLY**
- **SAY "THANK YOU" OUT LOUD AND OFTEN**
- **GIVE YOURSELF A COMPLIMENT AND HUG, AND MEAN IT!**
- **EXPLORE CREATIVE PLAY, ART OR MUSIC TO DE-STRESS**
- **EXERCISE IN ANY WAY- WALK, BIKE, YOGA, DANCE, WII, GARDEN-JUST DO IT!**

"I enjoy a good family sing-along session. Music with family calms my world while setting my spirit ablaze."

- Rick Griffin
CRI Director of Training & Curriculum



"Recharging in the sunny outdoors among trees, breathing in fresh mountain air."

-Rebecca Cooley
CRI Associate Director



"Getting my hands in the dirt to rework a garden after winter has been my way to de-stress when I feel that fog try to take over my brain."

-Teri Barila
CRI Board President



COMMUNITY
RESILIENCE INITIATIVE

www.CRIResilient.org

[f/CRIResilient](https://www.facebook.com/CRIResilient)