

# 30 SELF-CARE FLASHCARDS

**#ConsentIsEverything**  
Consent Education

“ Self-care is really  
rooted in self-  
preservation ”

~Lizzo

**#ConsentIsEverything**  
Consent Education

# Self-Care Can Be

Asking  
for help

Saying no and setting  
boundaries

Spending time alone

Volunteering and  
showing support for  
one's community

Crying it out loud

Taking a mindful  
breath

30 SELF-CARE  
FLASHCARDS

 **MOHAWK**  
COLLEGE



# Drink Water

**#ConsentIsEverything**  
Consent Education

30 SELF-CARE  
FLASHCARDS



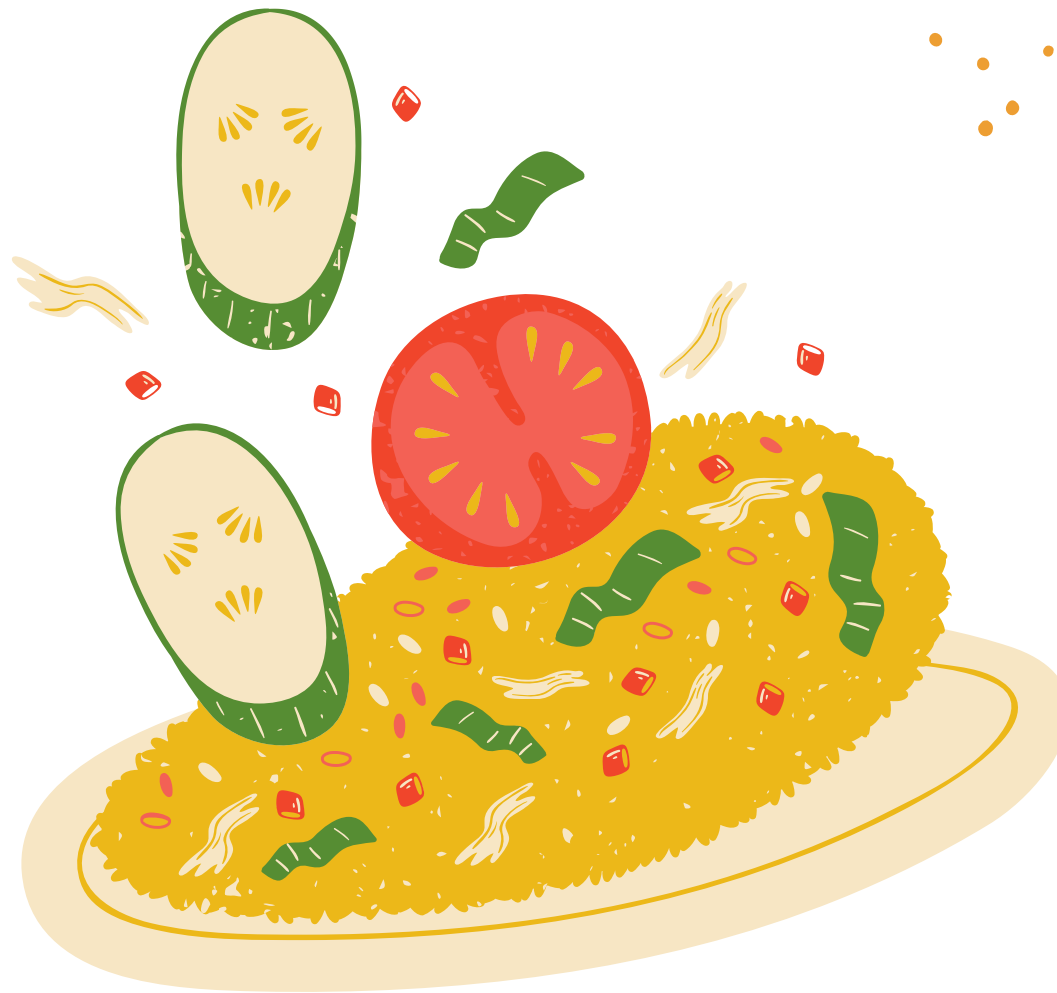
Be kind to yourself  
and others

30 SELF-CARE  
FLASHCARDS



Make an appointment  
with Mohawk College  
Counselling

30 SELF-CARE  
FLASHCARDS



Try a new recipe or  
cook your favorite meal

30 SELF-CARE  
FLASHCARDS



Call or hangout with a  
friend



30 SELF-CARE  
FLASHCARDS



Pick up a new book or  
finish one you started

30 SELF-CARE  
FLASHCARDS

**MOHAWK**  
COLLEGE



# Spend Time in Nature

Go for a walk or ride and sit in sunlight

**#ConsentIsEverything**  
Consent Education

30 SELF-CARE  
FLASHCARDS



# Practice Mindful Breathing

Inhale through the nose for four counts in, hold your breath for Seven counts and exhale completely through the mouth for a count of eight. Repeat cycle

30 SELF-CARE  
FLASHCARDS



# Declutter or rearrange your closet

30 SELF-CARE  
FLASHCARDS



# Sleep

Is it time to rest? When was the last time you had a 7-9 hr sleep?

30 SELF-CARE  
FLASHCARDS



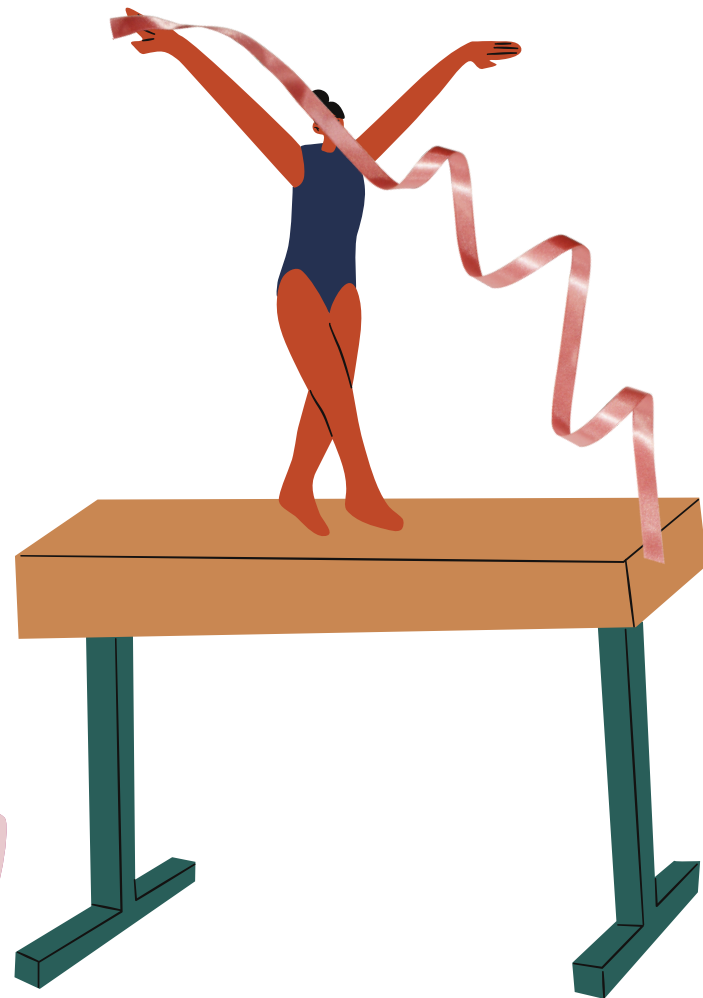
Try a dance workout  
or Yoga Sequence

30 SELF-CARE  
FLASHCARDS



Listen to meditation  
music

30 SELF-CARE  
FLASHCARDS

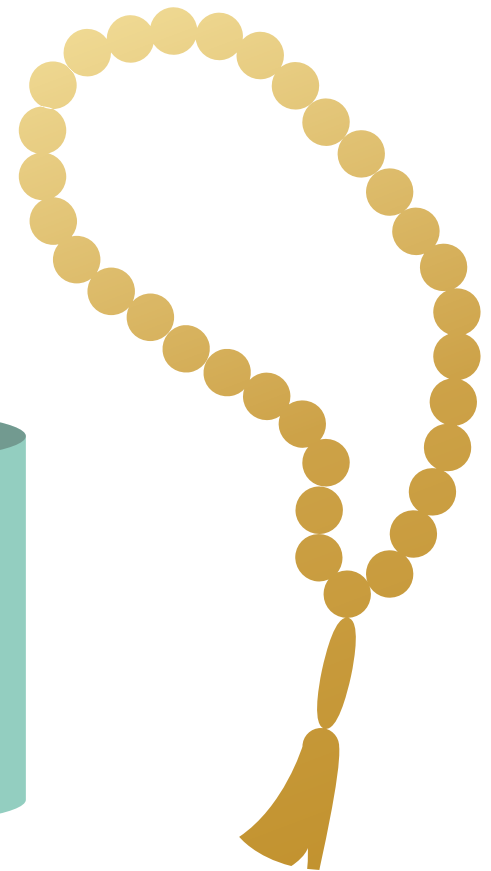
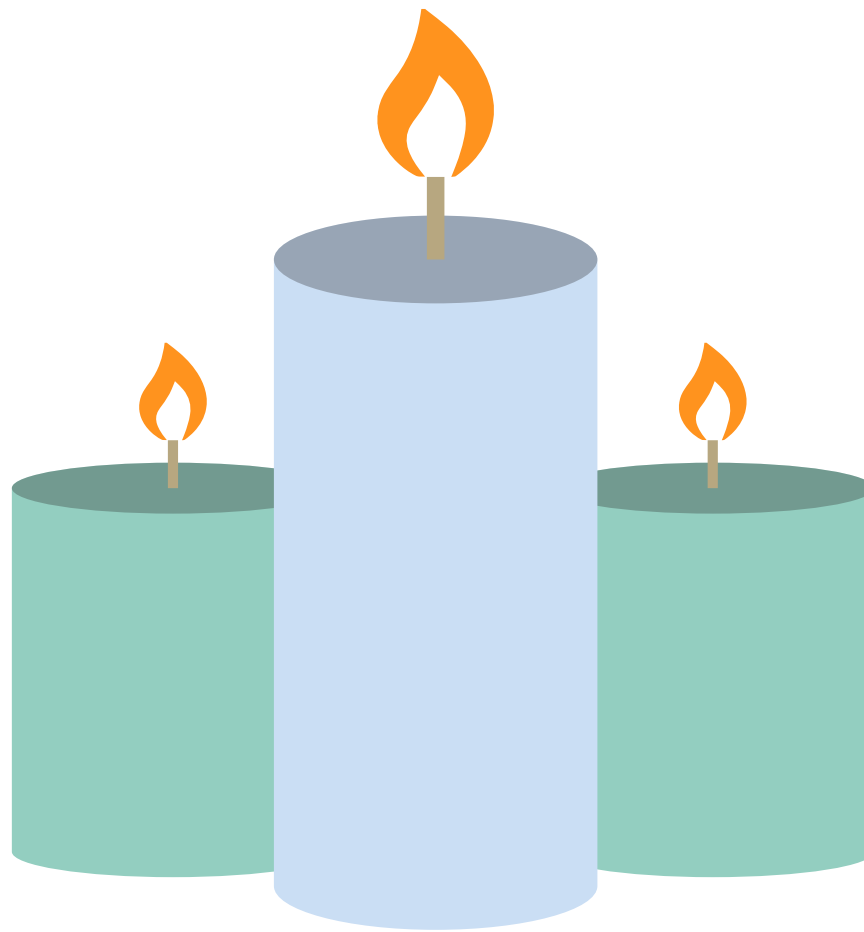
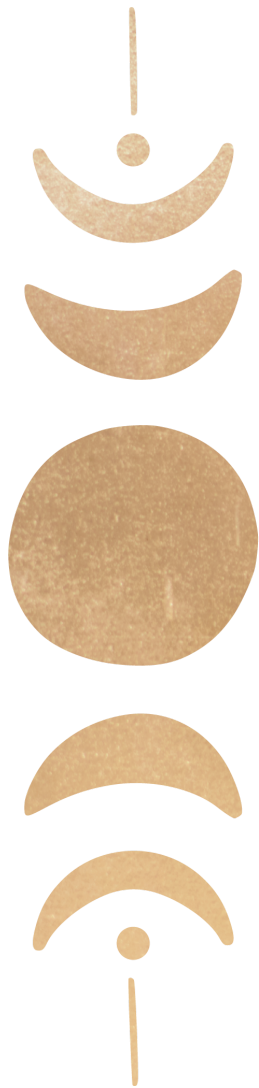


# Learn a new skill



30 SELF-CARE  
FLASHCARDS

 **MOHAWK**  
COLLEGE



Engage in a spiritual  
routine or literature

**#ConsentIsEverything**  
Consent Education

30 SELF-CARE  
FLASHCARDS

 **MOHAWK**  
COLLEGE



# Schedule your health check-ups

**#ConsentIsEverything**  
Consent Education

30 SELF-CARE  
FLASHCARDS

 **MOHAWK**  
COLLEGE



# Take a break

**#ConsentIsEverything**  
Consent Education

30 SELF-CARE  
FLASHCARDS



Have a cup of tea or  
coffee

30 SELFCARE  
FLASH-CARDS



Reread/rewatch a  
childhood book/movie

30 SELF-CARE  
FLASHCARDS

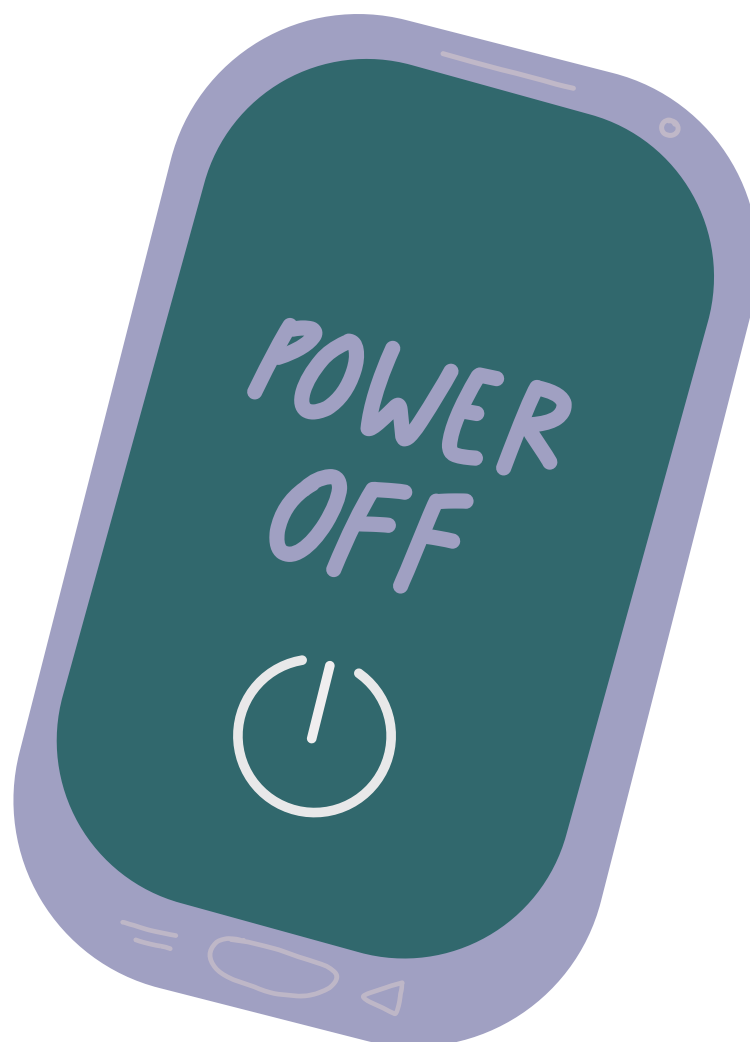
**MOHAWK**  
COLLEGE



Watch a funny video  
on YouTube

**#ConsentIsEverything**  
Consent Education

30 SELF-CARE  
FLASHCARDS



Say “No” to extra obligations  
that disrupt your self-care  
routine

30 SELF-CARE  
FLASHCARDS



Take a trip down happy memory  
lane



30 SELF-CARE  
FLASHCARDS



Ask for Support from Friends,  
Family, Boss or Partner

30 SELF-CARE  
FLASHCARDS



# Participate in community events

30 SELF-CARE  
FLASHCARDS

**MOHAWK**  
COLLEGE



# Learn about Campus Support and Resources

**#ConsentIsEverything**  
Consent Education

30 SELF-CARE  
FLASHCARDS



# Draw, Paint or Color in Coloring Books

30 SELF-CARE  
FLASHCARDS



Find an affirmation that  
resonates with you.

e.g. “It was never your fault”

30 SELF-CARE  
FLASHCARDS



# Binge Watch a TV series

30 SELF-CARE  
FLASHCARDS



# Write a letter to your future self

You may include your goals, aspirations and  
daydreams

30 SELF-CARE  
FLASHCARDS



# Make a list of self-soothing activities that work best for you

You are the expert of your own experience



30 SELF-CARE  
FLASHCARDS

 **MOHAWK**  
COLLEGE



Thank Yourself for  
putting you first

**#ConsentIsEverything**  
Consent Education