Self-Care Activity

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

Challenge yourself to complete as many self-care activities as you can.
For each activity completed, fill in the talk bubble in that square.

Cook a healthy meal	Head out on a nature walk or hike	Write a letter/email to an old friend	Head to bed early	Practice mindfulness
Enjoy a quiet moment over a cup of tea or coffee	Write a positive affirmation and recite it in the mirror	Connect with your community	Discover a new author or musician	Stretch or practice yoga
Discover a new podcast	Talk to a loved one about your feelings		Put on your dancing shoes	Make a vision or mood board
Paint or draw	Set a goal	Have a good laugh	Write in a journal	Create a gratitude list
Do a crossword or jigsaw puzzle	Take a warm bath or shower	Practice deep breathing	Make a to-do list	Cuddle a pet or look at a cute photo of one online

Let's create positive change.

Learn more at bell.ca/letstalk

Bell Let's Talk

Self-Care Activity

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Talk to a loved one about your feelings	Bell Let's Talk	Put on your dancing shoes
Set a goal	Have a good laugh	Write in a journal

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Join in with #BellLetsTalk

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Cuddle a pet or look at a cute photo of one online	Make a to-do list	Practice deep breathing
Take a warm bath or shower	Bell Let's Talk	Do a crossword or jigsaw puzzle
Paint or draw	Discover a new podcast	Enjoy a quiet moment over a cup of tea or coffee

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