

WAVAW'S GUIDE FOR

SELF CARE

WHEN THE WORLD GETS OVERWHELMING

Get some fresh air.
Go for a walk around the block.
Take a photo of 3 things you find interesting.



Have a cup of tea.
Take 15 minutes of quiet time to enjoy it.



Put your phone down,
and take time away from
social media. Set a timer
for yourself.



Nourish your body and
your spirit with your
favourite comfort food.



Connect to your
inner child through art.
Painting, colouring, and
collaging are options to
explore your creativity.



Engage your sense
of sound, and get lost
in a song that brings you joy.
If it feels right for you, move your
body to the sound.



Read a book. Let your
imagination explore
a different reality.



Light a scented candle,
incense, or essential oil
diffuser. Inhale, exhale.



Nurture your green thumb.
Water your plants or visit
some in nature. Touch their
leaves, feel the soil.



CONNECT TO SUPPORT

We are always just a phone call away.
24 hours a day, 7 days a week.

24-Hour Crisis and Information Line:
604-255-6344

WAVAW Connect:
Text (604)-245-2425
Chat: www.wavaw.ca/connect

