WAVAW'S GUIDE FOR

SELF CARE

WHEN THE WORLD **GETS OVERWHELMING**

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.

Get some fresh air.

find interesting.

Go for a walk around the block.

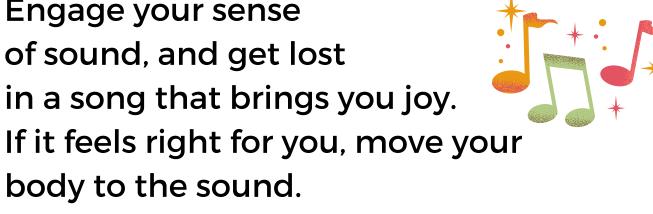
Take a photo of 3 things you



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.



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



Light a scented candle, inscence, 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

