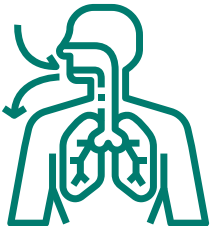


TRUST-BASED RELATIONAL INTERVENTION® (TBRI®)

Self-Care

Supporting and taking care of others can be highly rewarding in several ways, but who takes care of you? Who prioritizes you? Self-care is the practice of taking deliberate actions to maintain and improve your physical, emotional, and mental well-being. Practicing and learning about self-care ensures you can continue providing the best care while maintaining your own well-being.

Daily Self-Care Tips



Grounding and Breathing

- Start your day with 5 deep belly breaths to center yourself.
- Try the 5-4-3-2-1 grounding technique. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste, and end with a long, deep breath

Give Back to YOU

- Set one small boundary today that protects your energy.
- Take 10 minutes just for yourself, whether it's meditating, stretching, or just sitting in silence.
- Write down three things you appreciate about yourself today.



Move Your Body

- Take a short walk around your home or up and down the stairs.
- Have a dance break. Put on an upbeat song and move freely.
- Try progressive muscle relaxation, stretching or doing any exercise you enjoy.

Journaling

- Write down 3 things you are thankful for today.
- Write a letter to your future self about what you hope to accomplish.
- Do a brain dump; write everything on your mind without worrying about structure.

