

Objective

By the end of this lesson, you will understand the importance of self-care and have practical strategies to incorporate self-care into your daily routine.

Materials and Prep

- Journal or notebook
- Pen or pencil
- Comfortable clothing
- Quiet space for relaxation

No prior knowledge needed, just an open mind and willingness to try new activities.

Activities

- **Mindful Breathing:** Find a quiet space, sit comfortably, and focus on your breath. Take deep breaths in and out, feeling your chest rise and fall with each breath.
- **Gratitude Journal:** Write down three things you are grateful for each day. Reflecting on the positive aspects of your life can improve your overall well-being.
- **Self-Care Routine:** Create a self-care routine that includes activities you enjoy, such as reading a book, taking a bath, or going for a walk. Make time for yourself every day.
- **Positive Affirmations:** Write down positive affirmations about yourself and repeat them daily. Affirmations can help boost your self-esteem and confidence.

Talking Points

- **Self-care is important for our overall well-being:** "Taking care of yourself is not selfish, it's necessary for a healthy mind and body."
- **Practicing mindfulness can help reduce stress:** "Mindful breathing can help calm your mind and relax your body, especially during stressful times."
- **Gratitude can improve our mood:** "Focusing on what we are grateful for can shift our perspective and make us feel happier."
- **Creating a self-care routine is a form of self-love:** "Making time for activities that make you happy and relaxed is a way of showing love to yourself."
- **Positive affirmations can boost our self-esteem:** "Reminding yourself of your worth and capabilities through positive affirmations can help you feel more confident."