

EMOTIONAL SUPPORT MENU

Self-Care, Self-Kindness, Self-Supporting, Self-Befriending, Self-Compassion – whatever you'd like to call it, we ALL need it. Caring for and putting ourselves FIRST allows us to be more present for ourselves and others. Take some much-needed time for yourself!

Journal

Go for a walk outdoors.

Time with an animal (can reduce your blood pressure). Cat purrs have a healing frequency.

Listen to music.

Meditate

Chat with a good friend

Read a book or listen to an audiobook

Workout / go for a run / stretch / yoga / etc.

Dance in your room or home / take a dance class / go dancing with friends.

Cook a meaningful dish.

Have a cup of tea / cocktail / glass of wine / favorite beverage.

Intimacy with your partner or yourself

Do an activity that supports your creativity.

Color

Knit

Garden

Work on a project

Watch a favorite movie or show.

Spend time learning something new.

Take a nap.

Soak in a hot bath.

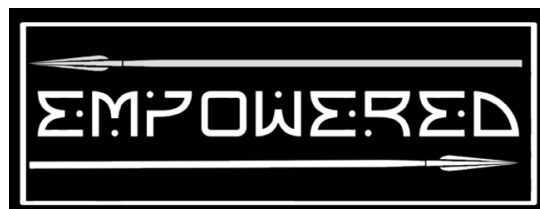
Partake in something soothing & nurturing.

Get a massage / pedicure / spa treatment / etc.

Take yourself out to a nice meal or show or both.

Snuggle up in front of a fire.

Book a floatation therapy session in a sensory deprivation tank like OlyFloat in Olympia, WA



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