



SPARTAN SELF-CARE CORNER

EMOTIONAL



SELF-CARE

Comprehend and nurture your feelings by implementing healthy coping strategies.

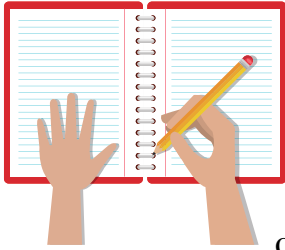


Name one thing that soothes you when you're feeling overwhelmed.

thecounselingteacher.com

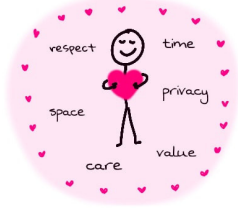
Examples of Emotional Self-Care

Write in a journal

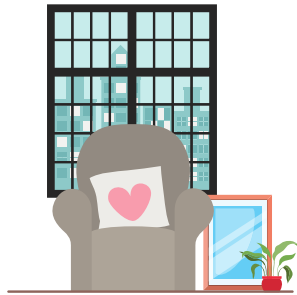


Learn to set boundaries

You deserve to set healthy emotional boundaries



Create a calming space in your home



Practice positive self-talk



If you're interested in an interactive self-care journal, Amazon has a few great options
OR you can attend Self-Care Check-in on Wednesdays to be entered in a raffle to win your own journal and goodie bag!!



Check out these helpful links to get through Election Day and Post-Election feelings:

- [Safety Plan](#) (via Instagram)
- [Self-Care Kit](#) (via USF)

LISTEN TO THIS FEEL-GOOD PLAYLIST OR CREATE YOUR OWN!



WHAT CAN YOU CONTROL?

<i>things that are outside of my control</i>	<i>things that are inside of my control</i>
- Other people's thoughts	- My own thoughts
- Other people's feelings	- My own words
- Other people words	- My own feelings
- Other people's behaviors	- My own actions
- Other people's ideas	- My own ideas
- Other peoples actions	- My own behaviors

DO WHAT YOU
CAN TODAY.
—
that's enough
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