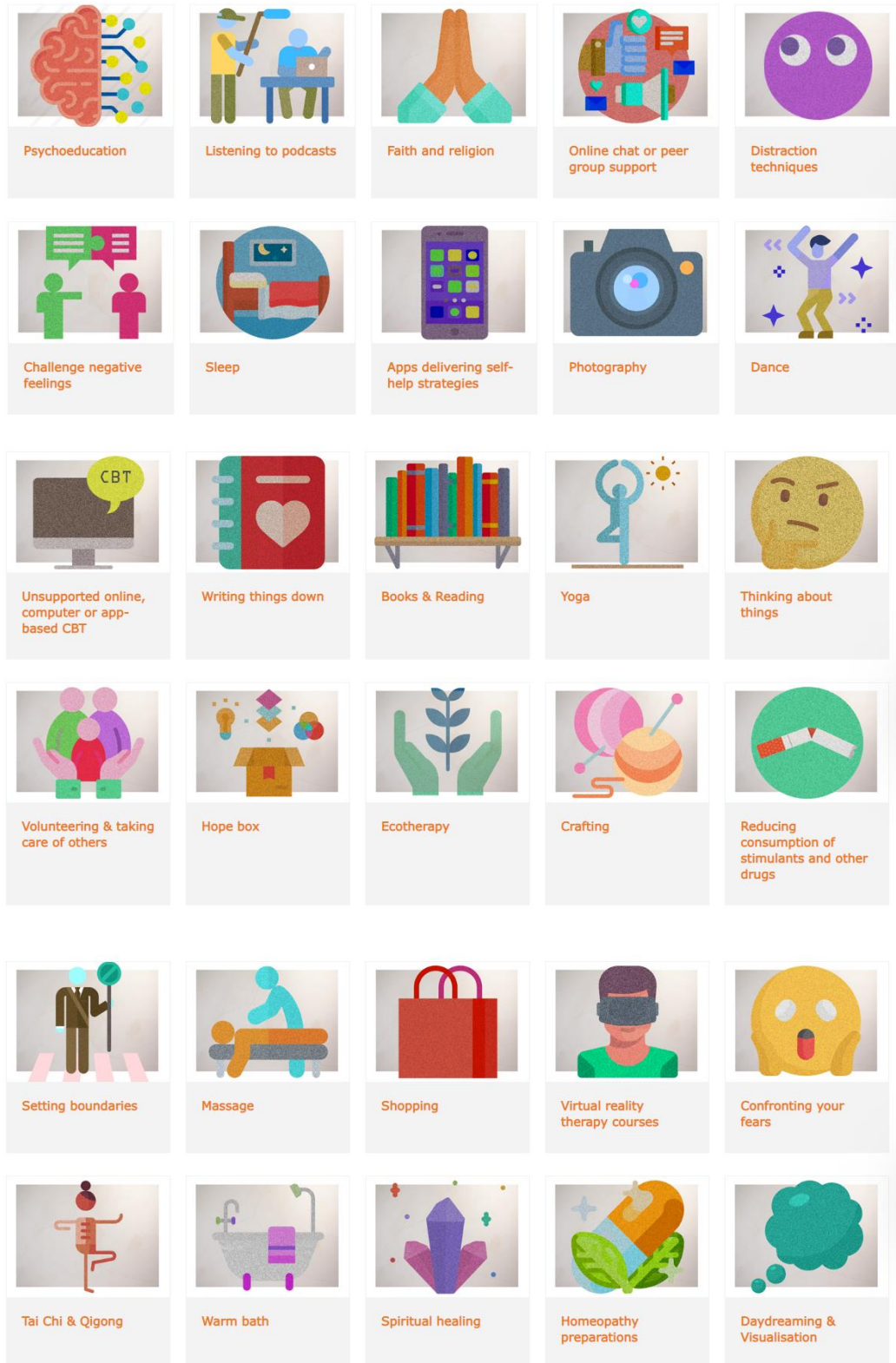


## Self-Care Strategies from Anna Freud

For more in depth information, click here: <https://annafreud.org/on-my-mind/self-care/>





Alone time



Creative writing



Herbal/plant-based remedies



Aromatherapy and fragrance



Light therapy



Noticing your triggers



Walking



Developing a balanced sense of self



Chinese herbal medicine



Letting off steam



Over the counter medications



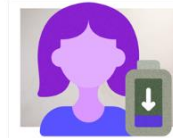
Coding



Positive thinking



Meditation



Listening to your body



Spending time with animals / pets



Self-talk



Spending time in nature



Mindfulness



Time away from technology



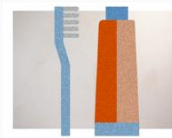
Text message support



Playing



Face-to-face informal support



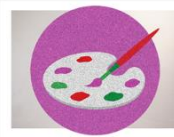
Personal care & hygiene



Spending time with friends



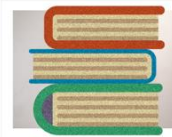
ASMR



Drawing or painting



Goal-setting



Revision



Silence



Going on day trips or holiday



Water therapy



Telephone support



Making music



Avoiding certain foods

