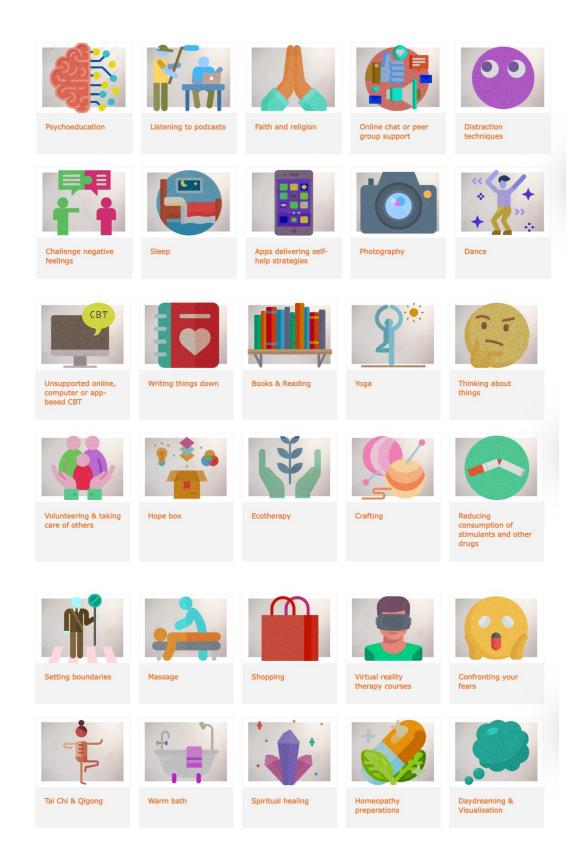
## **Self-Care Strategies from Anna Freud**

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





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



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



Physical exercise



Sport



Crying



Gaming



Organise your day



Learning a language



Spending time with supportive people



Understanding negative thoughts and feelings



Relaxation techniques



Youth Groups



Email support



Be kind to yourself



Activism L



Listening to music



Watching YouTube, TV or Films



Baking & cooking



Boardgames



Rewards



Laughter / humour



Colour therapy



Pilates



Problem solving



Getting a job



Little actions to release tension



Acceptance



Going to the cinema



Drama



Being outside