Self care is warfare
Self care is warfare
Self care is warfare
Self care is warfare
Self care is warfare
Self care is warfare

Have you drunk water today?

Have you eaten enough today?

Have you gone outside today?

Self care is warfare
Self care is warfare
Self care is warfare
Self care is warfare

**Name three people who love
and support you**

_____

_____

_____

Self care is warfare
Self care is warfare
Self care is warfare
Self care is warfare

**Never devote too much mental
capital to anyone**

**Take a break from looking
at your screen**

Don't punish yourself

Self care is warfare
Self care is warfare
Self care is warfare
Self care is warfare

Learn to say no

Learn how to assert boundaries

**Learn the value of softness and
how having empathy for others
is so valuable.**

Self care as warfare
Self care as warfare
Self care as warfare
Self care as warfare

**Some days the act of leaving the house
can feel like a radical action.**

**If you're struggling and u can't do it
today just remember that tomorrow
is not today.**

Be kind to yourself as much as you can.

Self care as warfare
Self care as warfare
Self care as warfare
Self care as warfare

**Never forget the value of intimacy
whether this is online or in person.**

**Sometimes saying how you are
feeling online can be a relief**

**Sometimes saying something
online can cause a lot of mental
distress and emotional labour.**

**Always remember you can
disengage at any time.**

Self care is not selfish
Self care is not selfish
Self care is not selfish
Self care is not selfish

**Slow down your breathing
or at least remember you are**

**Draw attention to yourself
if you have to**

Stretch

Self care is not selfish
Self care is not selfish
Self care is not selfish

Write down three colours you can see
_____
_____
_____

Write down three sounds you can hear
_____
_____
_____

Self care is not selfish
Self care is not selfish

**You are going to do things outside
of what is in your best interest**

**You are going to do things outside
of what others expect of you**

**You do not have to know what
to do or how to feel**

This is a relief and a surprise

To you and I both

Self care can be selfless
Self care can be selfless
Self care can be selfless
Self care can be selfless

**Touch the nearest object to you, inspect
it for one minute, for it's colour, weight,
shape and texture, I'm sorry I can't be
there with you to see it too**

Self care can be selfless
Self care can be selfless

Self care can be selfless