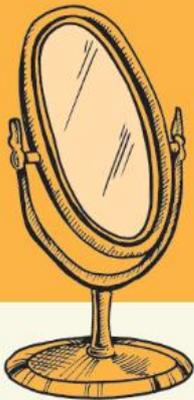




SELF-CARE

CARDS FOR HOME & WORK



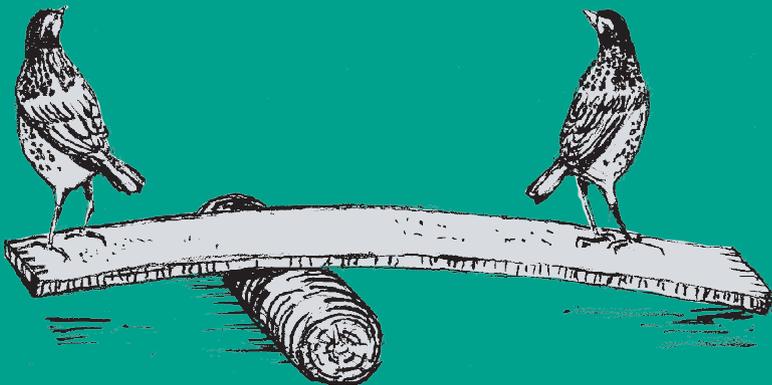
Innovative
Resources

DEVELOPMENT & WRITING

**Karen Bedford & Andrew Shirres,
Hannah Macauley & Sue King-Smith**

ILLUSTRATION & DESIGN

**Melissa & Steve Proposch,
Andrew Shirres & Mat Jones**



balance



SELF-CARE

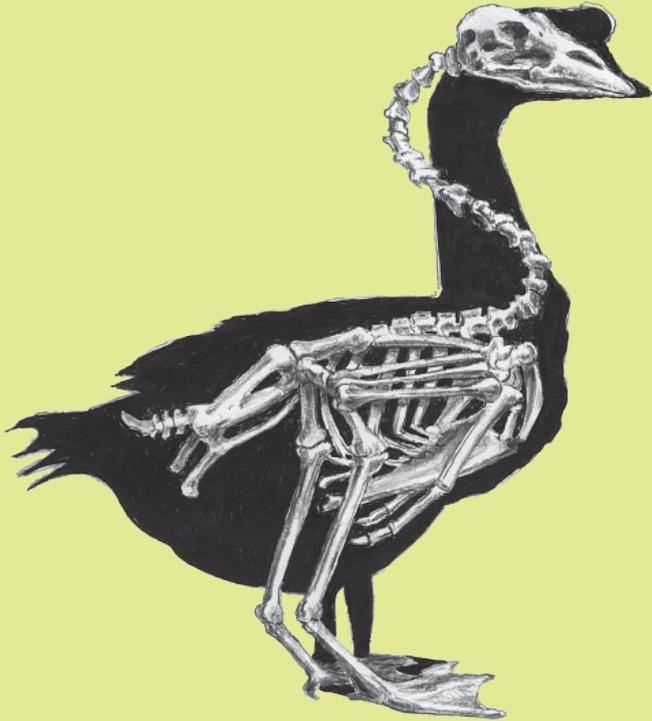
CARDS FOR HOME & WORK



What helps you maintain or regain balance?

What is one thing you could give more weight to?





BODY

SELF-CARE

CARDS FOR HOME & WORK



What body signals tell you you're under pressure?

What helps your body feel strong and well?



boundaries



SELF-CARE

CARDS FOR HOME & WORK



How do you maintain your boundaries?

How do you know when you're 'crossing the line'?



breath



SELF-CARE

CARDS FOR HOME & WORK

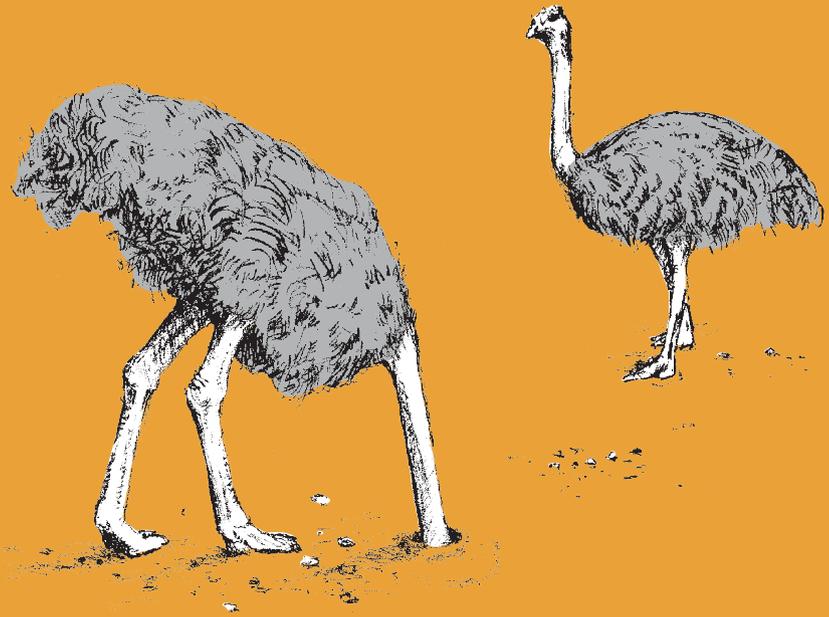


How is your breath connected to your emotions?

Can you 'breathe easy' at home or at work?



BURN OUT



SELF-CARE

CARDS FOR HOME & WORK



How do you know when you're close to burn out?

Who or what can help when you're overloaded?



CELEBRATE



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CARDS FOR HOME & WORK



What is worth celebrating?

What are you most proud of?





CHANGE

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CARDS FOR HOME & WORK



Is there something you would like to change?

What is a big change you have made?



CHOICES



SELF-CARE

CARDS FOR HOME & WORK



How do you decide what to do?

What choice could you make right now?



CLARITY



SELF-CARE

CARDS FOR HOME & WORK



What are you clear about?

What do you need to know?



comfort



SELF-CARE

CARDS FOR HOME & WORK



What brings you comfort?

How do you know when you're
outside your comfort zone?



CREATIVITY



SELF-CARE

CARDS FOR HOME & WORK



How do you express your creativity?

How might you 'think outside the square'
about a situation?



CULTURE



SELF-CARE

CARDS FOR HOME & WORK



What would you like others to know
about your culture?

How do workplace cultures affect wellbeing?





curiosity

SELF-CARE

CARDS FOR HOME & WORK

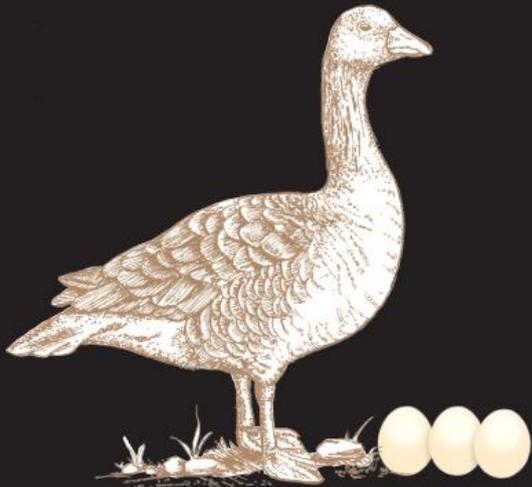


What would you like to know?

What if you approached each day with curiosity?



different



same

SELF-CARE

CARDS FOR HOME & WORK



POLARITY CARD

Different/Same





DIRECTION

SELF-CARE

CARDS FOR HOME & WORK



What have you always wanted to do?

Where would you like to be in five years' time?



drink



SELF-CARE

CARDS FOR HOME & WORK



What do you drink on a typical day?

Which drinks help and which ones don't?



ENERGY



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CARDS FOR HOME & WORK



Who or what energises you at work and at home?
How do you re-fuel when you're 'running on empty'?



FAIRNESS



SELF-CARE

CARDS FOR HOME & WORK



How important is fairness to wellbeing?

How do you respond when
you believe something is unfair?



feelings



SELF-CARE

CARDS FOR HOME & WORK

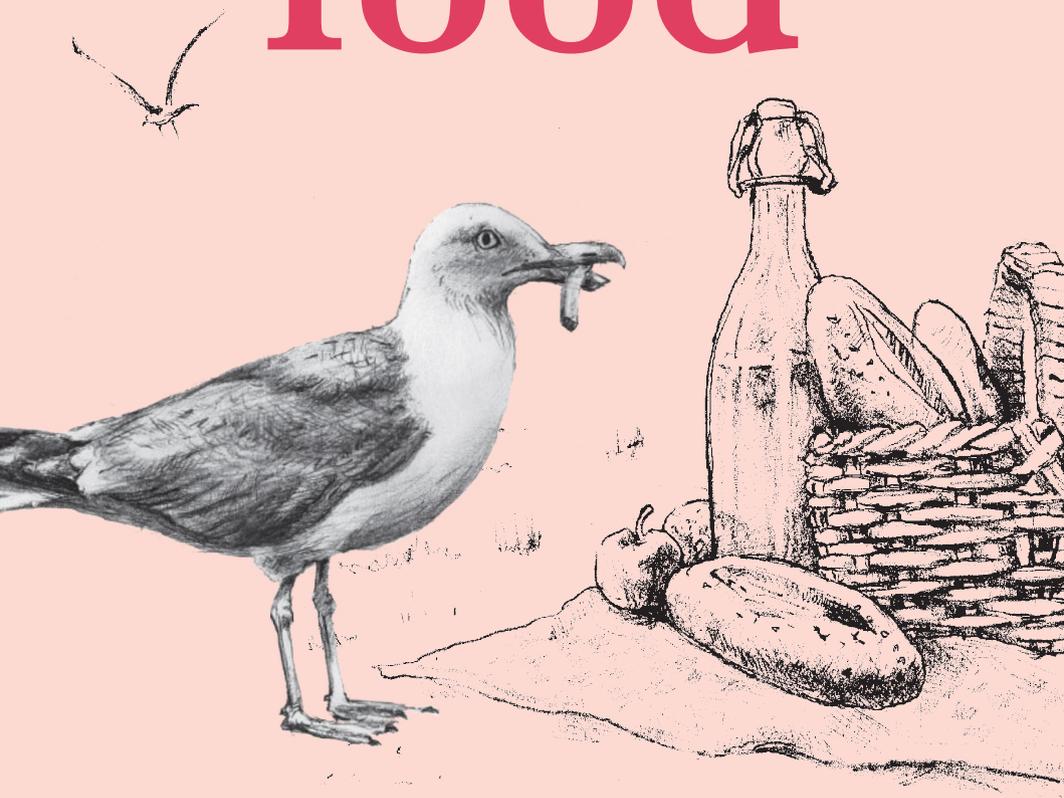


Do others know how you're feeling right now?

How do you care for yourself when
emotions are strong?



food



SELF-CARE

CARDS FOR HOME & WORK



What role does food play in your life?

Would you like to change your eating habits?



receiving



giving



SELF-CARE

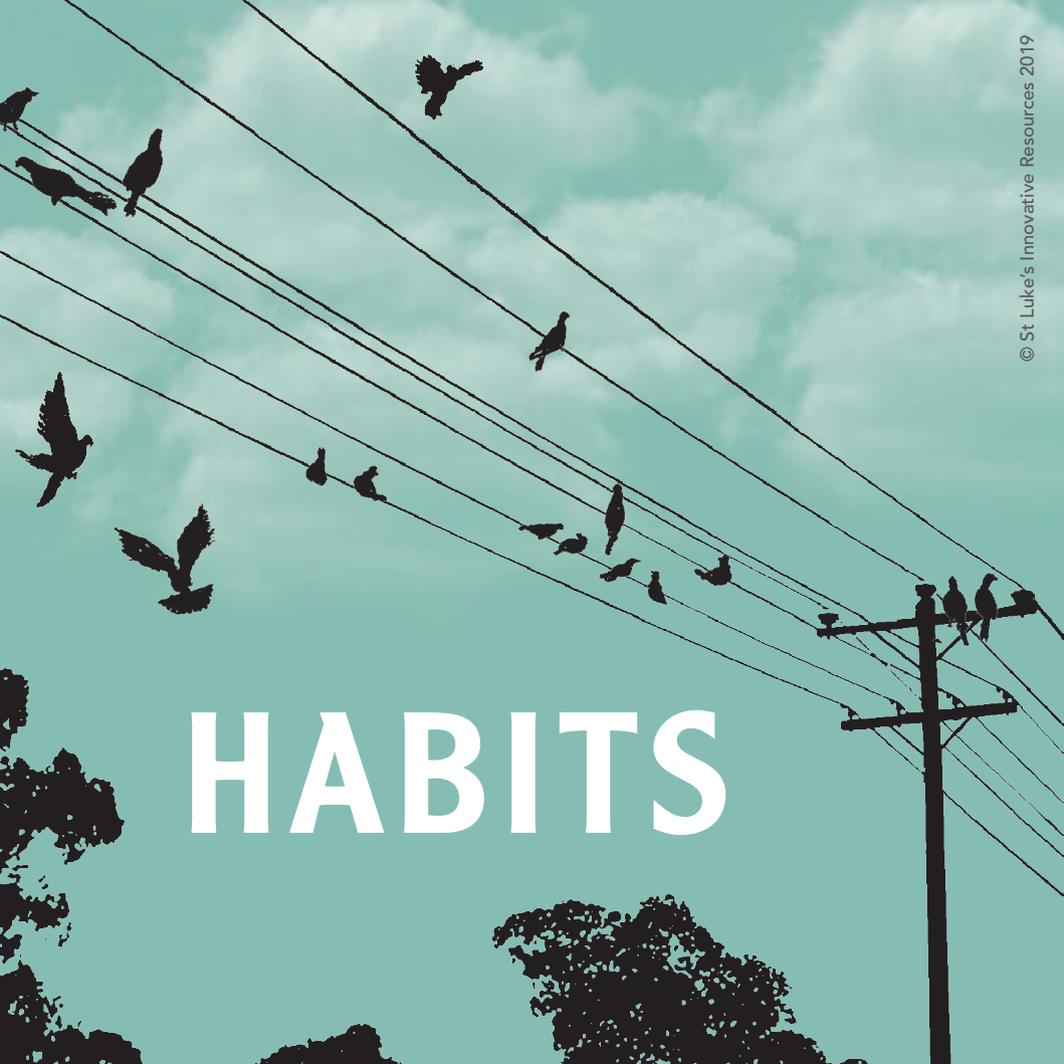
CARDS FOR HOME & WORK



POLARITY CARD

Giving/Receiving





HABITS

SELF-CARE

CARDS FOR HOME & WORK



Which habits serve you well?

Is there a new routine you'd like to try?



HEALTH





SELF-CARE

CARDS FOR HOME & WORK

What one thing could you do for your health today?

How can workplaces support wellbeing?





HELP

SELF-CARE

CARDS FOR HOME & WORK

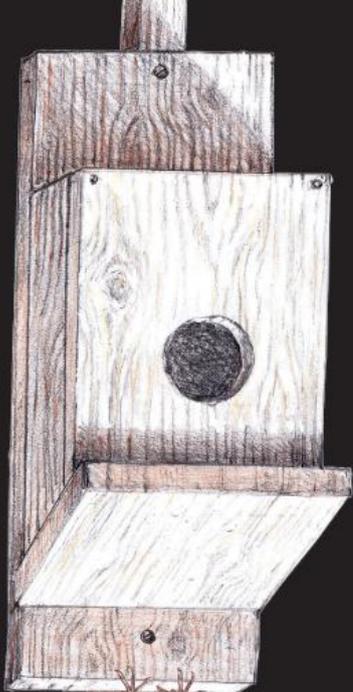


What would you find helpful right now?

What are some ways you help others?



WORK



home



SELF-CARE

CARDS FOR HOME & WORK



POLARITY CARD

Home/Work



identity



SELF-CARE

CARDS FOR HOME & WORK



What do you want others to know about you?

Do you feel accepted for who you are?



outside



inside



SELF-CARE

CARDS FOR HOME & WORK



POLARITY CARD

Inside/Outside



LAST STRAW



SELF-CARE

CARDS FOR HOME & WORK

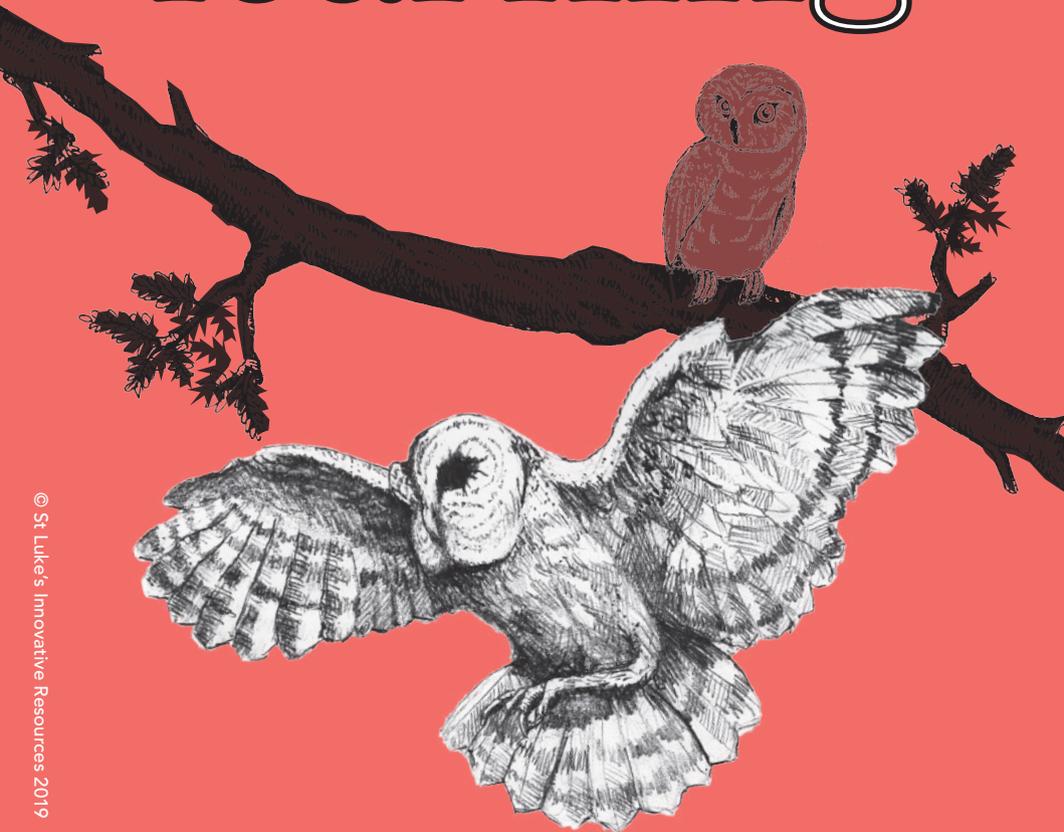


Is there too much 'on your plate'?

Can you say no?



learning



SELF-CARE

CARDS FOR HOME & WORK

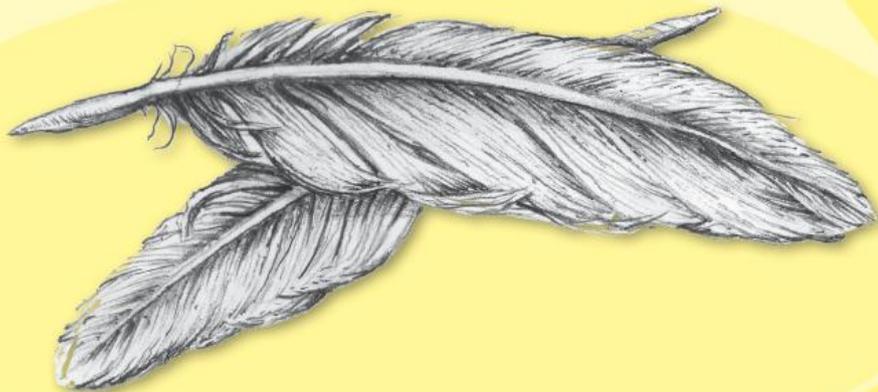


How do you learn best?

What would you like to learn more about?



MEANING



SELF-CARE

CARDS FOR HOME & WORK



What gives your life meaning?

Where do your values and beliefs come from?



mind



SELF-CARE

CARDS FOR HOME & WORK



What's on your mind at the moment?

How do you calm your mind?





MONEY

SELF-CARE

CARDS FOR HOME & WORK

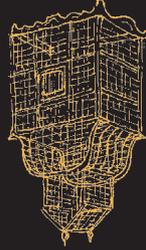
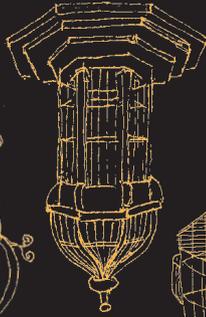


Do you worry about money?

What are your spending priorities?



more



less



SELF-CARE

CARDS FOR HOME & WORK



POLARITY CARD

More/Less





MOVE

SELF-CARE

CARDS FOR HOME & WORK



What is your favourite form of exercise?

How could you build more movement into your day?





NATURE

SELF-CARE

CARDS FOR HOME & WORK



How important is spending time in nature for you?

What is your favourite outdoor place?





next step

SELF-CARE

CARDS FOR HOME & WORK



What is your next step?

Who or what can help you move forward?



A pink flamingo is depicted against a solid red background. The flamingo's feathers are rendered with fine, textured lines. Its long, dark beak is curved downwards. A white, textured bandage is wrapped around the middle of its left wing, extending from the body towards the tip. The flamingo stands on two thin, dark legs.

PAIN

SELF-CARE

CARDS FOR HOME & WORK



What hurts the most?

How do you manage physical or emotional pain?





play

SELF-CARE

CARDS FOR HOME & WORK



How do you have fun?

How could you bring more playfulness into your life?





reflect

SELF-CARE

CARDS FOR HOME & WORK



Do you reflect on what you do?

Do you need more time to reflect?



relationships



SELF-CARE

CARDS FOR HOME & WORK



What makes a respectful relationship?

Which relationships are most important to you?



RELAX



SELF-CARE

CARDS FOR HOME & WORK



How do you like to relax?

What helps you let go of stress?



RESOLVE



SELF-CARE

CARDS FOR HOME & WORK



Is there a resolution you'd like to make?

How could you make peace with something
that is bothering you?



safe



SELF-CARE

CARDS FOR HOME & WORK



Do you feel safe?

What helps you feel safe?





SLEEP

SELF-CARE

CARDS FOR HOME & WORK



Do you get enough sleep?

What helps you rest?



space



SELF-CARE

CARDS FOR HOME & WORK

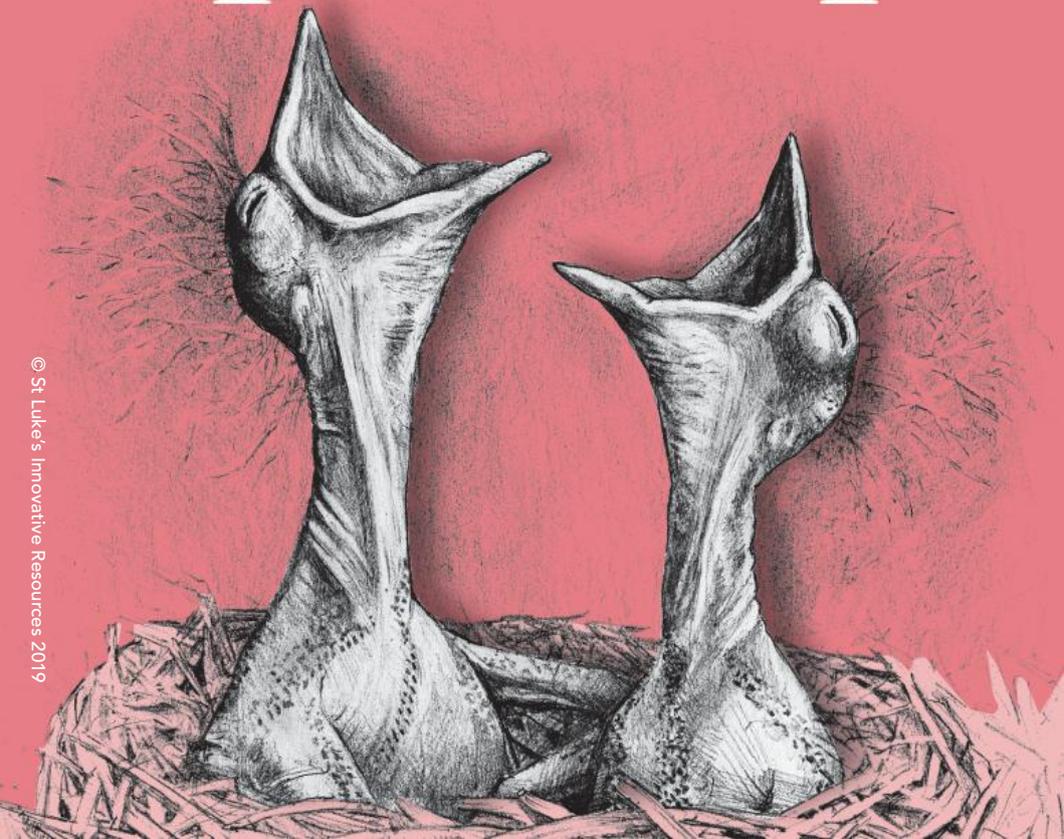


Is there enough space in your life?

Would you like to make changes to your
home or work spaces?



Speak up



SELF-CARE

CARDS FOR HOME & WORK



Is there something you need to say?

What are some different ways of speaking up?



stuff



SELF-CARE

CARDS FOR HOME & WORK

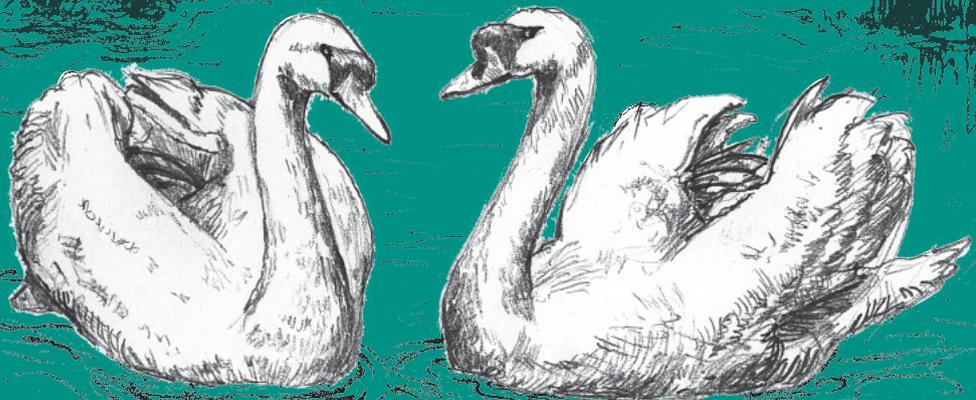


Do you have everything you need?

Do you need everything you have?



support



SELF-CARE

CARDS FOR HOME & WORK



I feel supported when ...

What supports should workplaces provide?





time



SELF-CARE

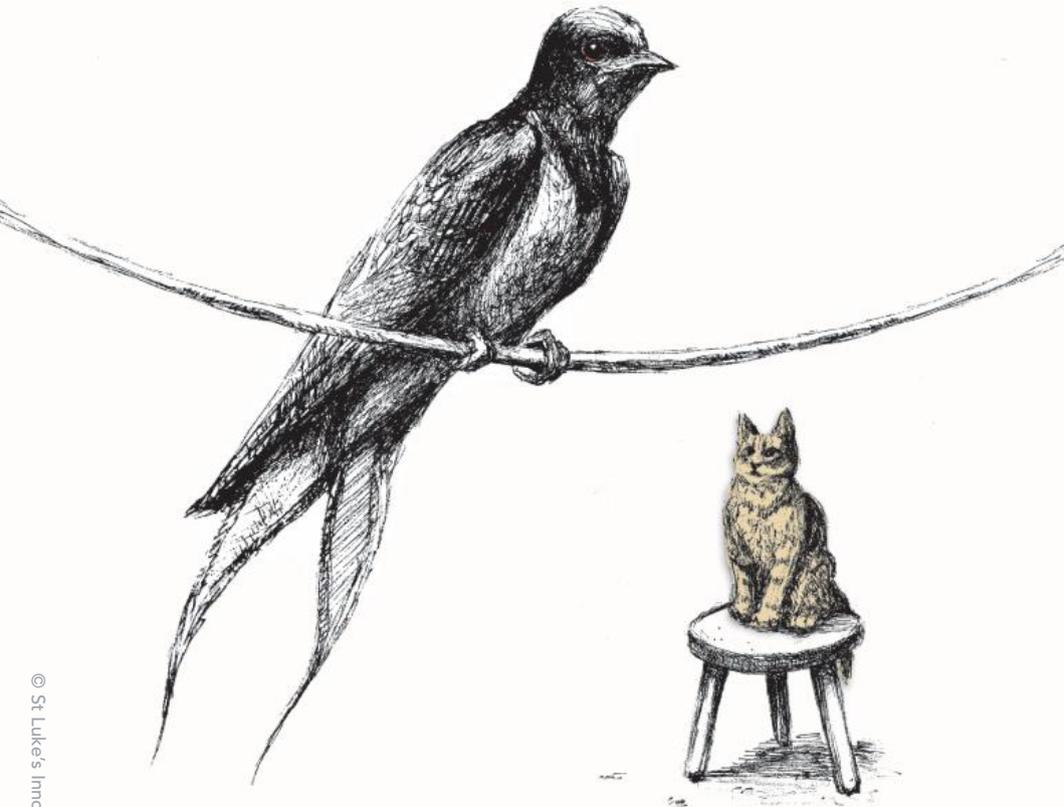
CARDS FOR HOME & WORK



How well do you manage your time?

It's time I ...





TRIGGERS

SELF-CARE

CARDS FOR HOME & WORK



What are your triggers of stress or anxiety?

I know it's time to act when ...

