

# STAY-AT-HOME SELF-CARE COLORING BOOK

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What is something  
you need right now?

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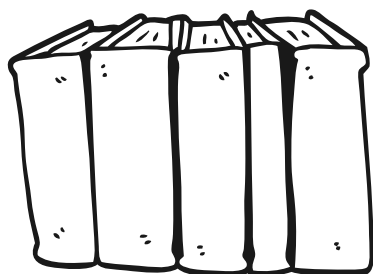


Create  
space  
for  
yourself

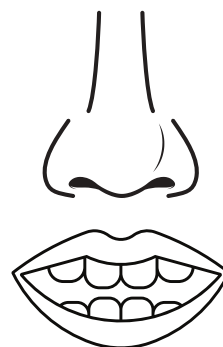
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# SELF-CARE IDEAS:

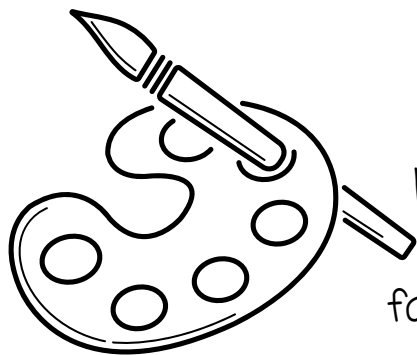
(In no particular order, choose one or none)



Read a book or just a chapter

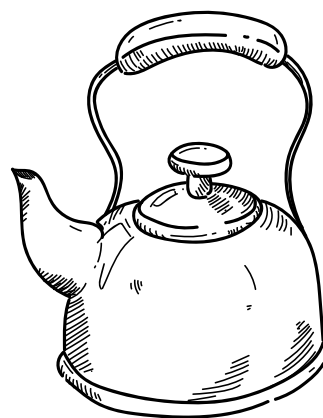


Reconnect with your breath

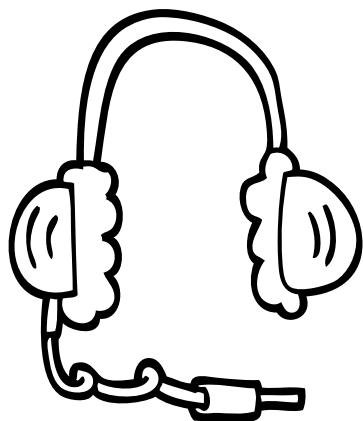


Fill your time  
with your  
favorite hobbies!

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Drink a warm beverage



Listen to your favorite music!



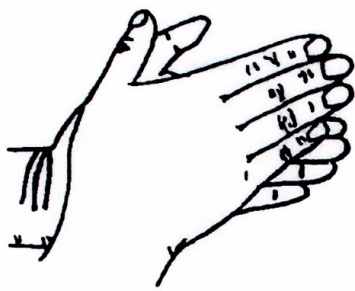
Take care of your space

TAKE CARE OF  
YOURSELF AND  
THOSE IN NEED

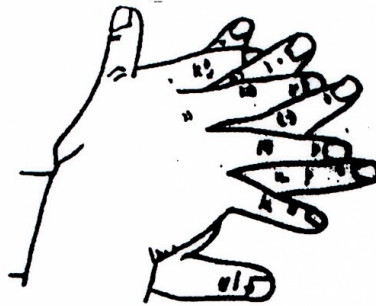


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AS YOU WASH YOUR HANDS,  
CONSIDER USING THIS TIME TO  
FOCUS ON YOUR BREATH,  
SAY A MANTRA, OR SIMPLY FOCUS  
ON SOMETHING THAT MAKES YOU  
FEEL GRATEFUL.



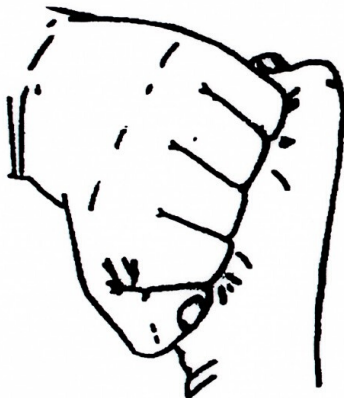
1. Palm to palm



2. Right palm over left dorsum,  
left palm over right dorsum.



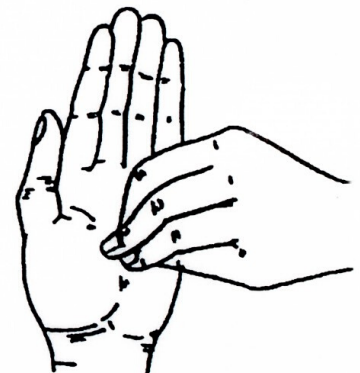
3. Palm to palm, fingers interlaced.



4. Backs of fingers to opposing  
palms with fingers interlaced.

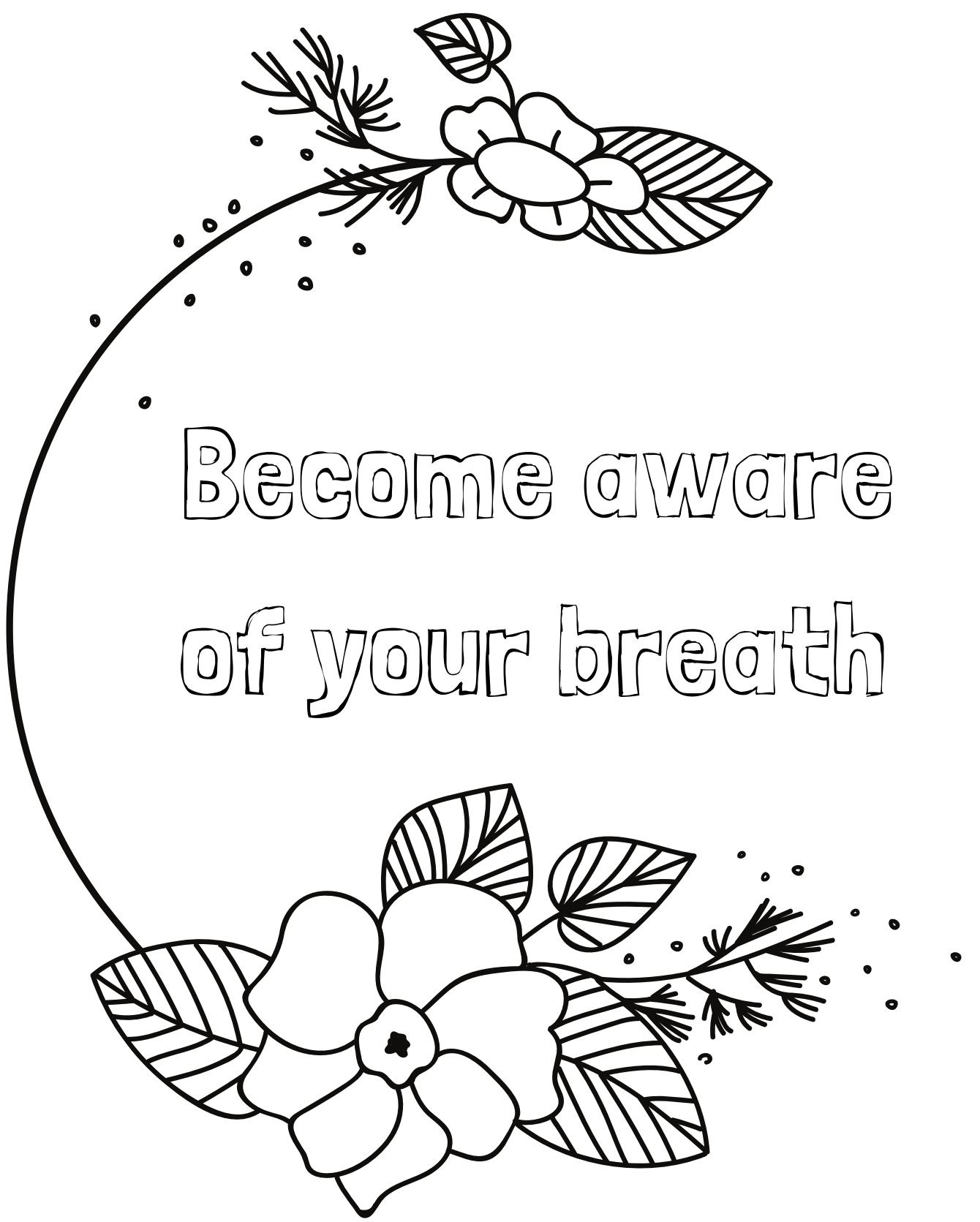


5. Rotational rubbing of right thumb  
clasped over left palm & left  
thumb over right palm.



6. Rotational rubbing backwards  
and forwards with clasped  
fingers of right hand in palm  
of left hand and vice-versa.

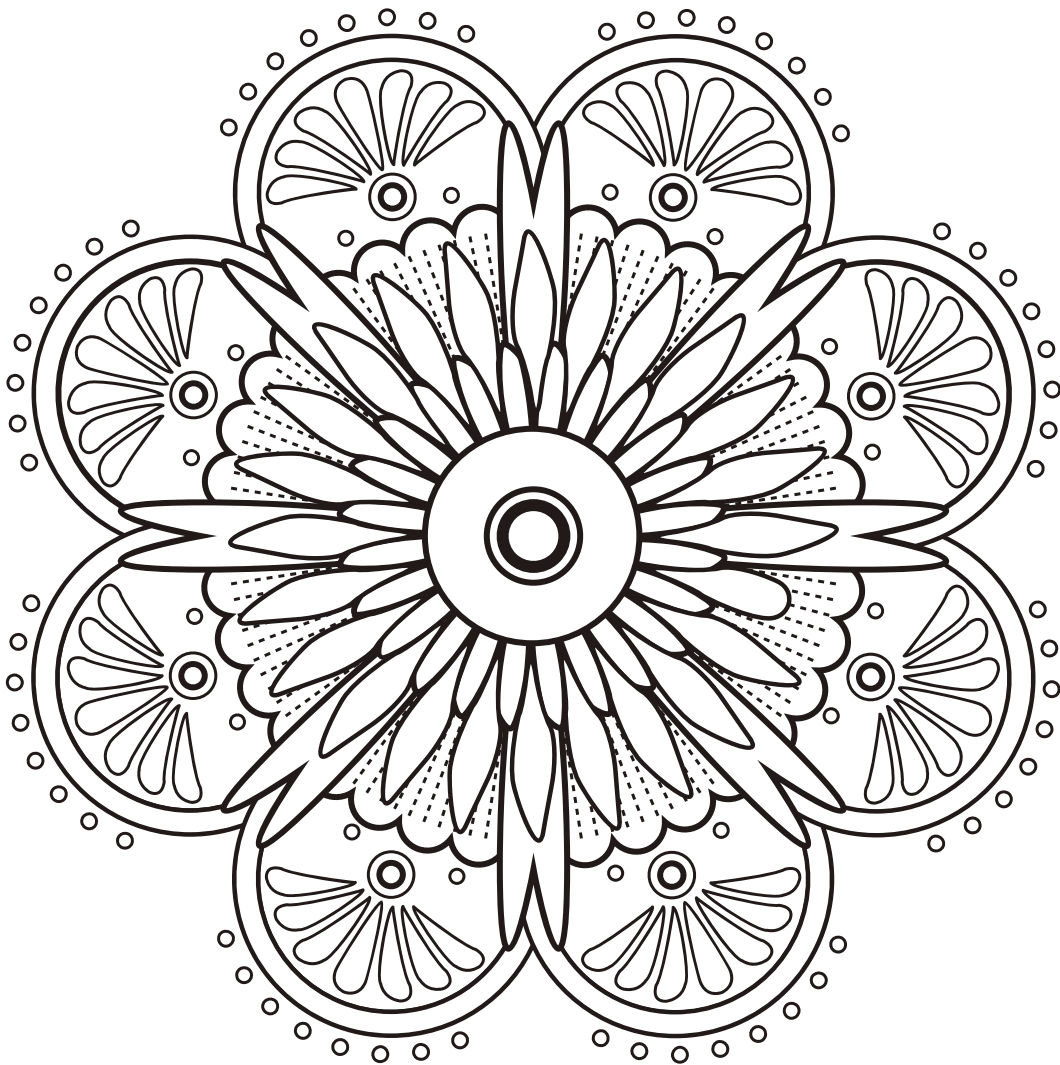
*Hands and wrists rubbed till end of 10 sec period. The number of strokes in each step is five.*



Become aware  
of your breath

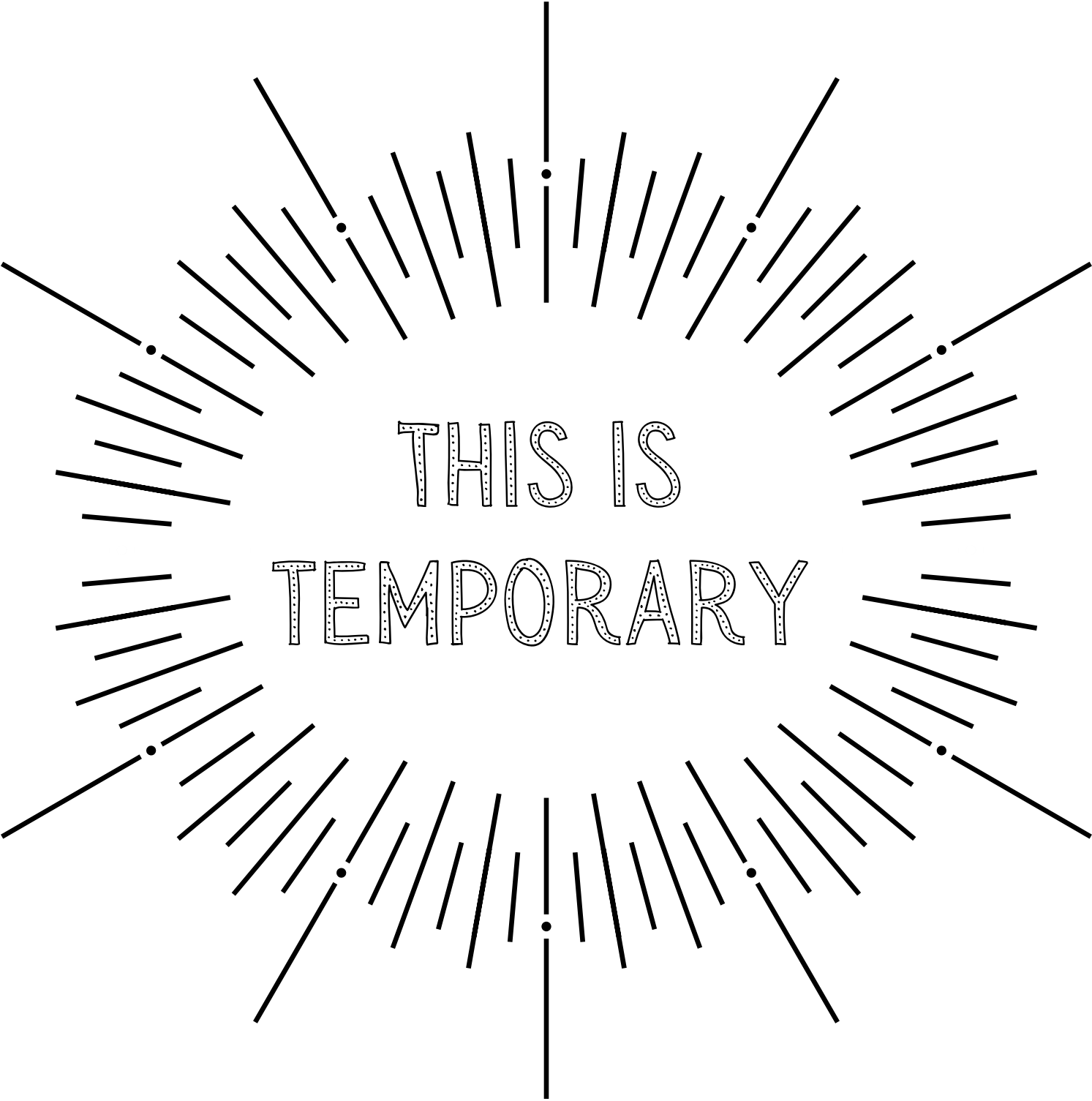
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YOU ARE  
NOT ALONE.



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THIS IS  
TEMPORARY

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WE WILL  
GROW  
THROUGH  
THIS



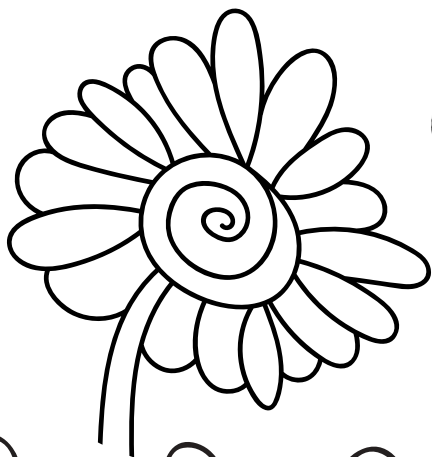
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Dear valued member  
of our community,

Thank you for taking the  
time to take care of  
yourself during these  
uncertain times.

If you need more  
reminders or resources  
you can find them at  
[selfcareisforeveryone.com](http://selfcareisforeveryone.com)



In Gratitude,

The team at  
Self-Care Station