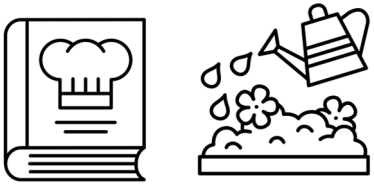


Search your library's catalog for **"self-care"** to find lots of resources, including mindfulness breathing guides, cookbooks, and more. You can also search your favorite social media sites too.



What things can you do in five minutes that you know will make you feel better?

List them here:

1.



Write down 3 nice things about yourself

2.

Step outside for some fresh air

3.

Book the appointment you've been putting off

4.



Listen to a song that makes you smile

5.

Find a video of cute animals online

Five minute self-care tips from @StaciSwift:

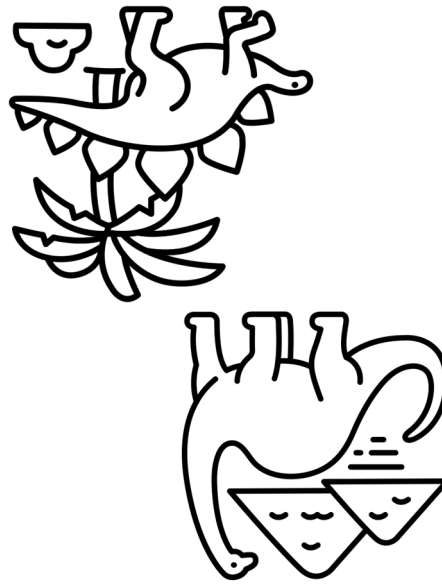
Self-care isn't always sunshine and rainbows. Here is a tool you can use to start feeling better when...



[youfeellikeshit.com](http://youfeellikeshit.com)

You can also call or text **988** or chat **988lifeline.org** for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

Some people find coloring dinosaurs to color: relieves stress. Here are some



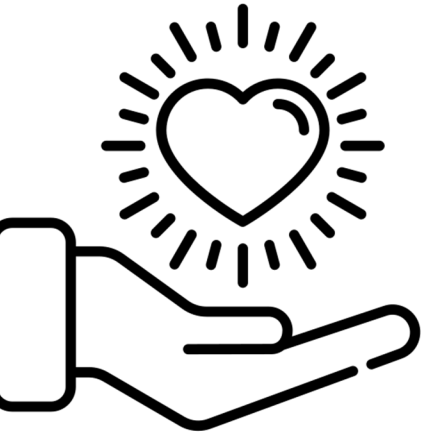
Adapted with permission from a zine created by Kate Radford, Boise Public Library.

This zine is brought to you by:



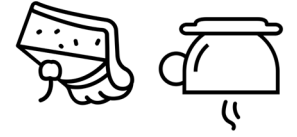
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**SELF-CARE**

"Every day, once a day, give yourself a present. Don't wait for it. Just let it happen. It could be a new shirt at the men's store, a catnap in your office chair, or two cups of good, hot black coffee." - Dale Cooper, *Twin Peaks*



What gift can you give yourself today?