



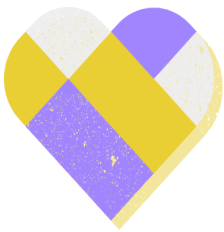
Dr. Rachel Zajicek, LCSW

Processing Life Stuff Together

Self Care Guide A-Z...
including suggestions to get you started!

A- apple-picking, art, archery, astronomy...	B- boundaries, brunch, baking, biking, book clubs...
C- cats, calligraphy, coloring, comedy, consensual adult activities, creating...	D- dancing, decorating, Disney, dogs, drawing...
E- engage in something meaningful to you, explore your community, exercise...	F- farmer's market, fencing, fondue, figure-skating, fresh air...
G- giggling, gifting (cheerfully), golfing, gratitude...	H- hiking, hosting something of interest, helping, hugging...
I- ice cream, improv, intentionality...	J- jam sessions, jazz hands, joy, jungle-gyms...
K- kites, kangaroos, kaleidoscopes, keeping your peace, kindness...	L- lounging, laughing, listening, learning a new language...

M - make up, meditation, mindfulness, minding your own business, music...	N - napping, nourishing your body, nesting, nurturing your relationships...
O - ocean, online learning, origami, obstacle courses...	P - playing an instrument, public libraries, pinterest...
Q - quiet...	R - rest, relaxation, recipes...
S - side-quests, sleep, sports...	T - trees, trying something new...
U - unicorns, unicycles...	V - vintage items, volunteering...
W - whimsy, water, wishes...	X - xylophone, anyone?
Y - yoga, yard sales...	Z - zip-lining, zoo trip...



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