



EMERGENCY SELF-CARE KIT



Instructions for caring for you

Ashley D. Sweet, MA, LMHC & Melissa Carroll, MFA, E-RYT 500

When embarking in deep shadow work, it can be helpful to prepare self-care strategies that work *before* beginning the journey. In times of need, I can turn to these strategies for self-care and comfort.

TWO PEOPLE I CAN CALL FOR SUPPORT ARE:

THREE WAYS I CAN SHOW MYSELF LOVE ARE:

ONE QUOTE OR PHRASE THAT EMPOWERS ME IS:

ONE PLACE WHERE I CAN SIT AND RELAX IS:



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TWO THINGS THAT MAKE ME LAUGH
ARE:

Blank space for writing two things that make the user laugh.

THREE SMELLS THAT BRING ME
COMFORT ARE:

Blank space for writing three smells that bring the user comfort.

THREE THINGS I CAN DO WITH MY BODY
TO RELAX ARE:

Blank space for writing three things the user can do with their body to relax.

ONE OUTFIT THAT MAKES ME FEEL
CONFIDENT IS:

Blank space for writing one outfit that makes the user feel confident.

TWO THINGS I LIKE ABOUT MYSELF
ARE:

Blank space for writing two things the user likes about themselves.

TWO THINGS I'M PROUD THAT I
OVERCAME ARE:

Blank space for writing two things the user is proud they overcame.



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Instructions for caring for you

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ONE PERSON I CAN ASK FOR A HUG
FROM IS:

Blank space for writing the name of one person to ask for a hug from.

THREE THINGS I CAN LOOK AT THAT
MAKE ME SMILE ARE:

Blank space for writing three things that make the user smile.

THREE GOALS I HAVE FOR MY FUTURE
ARE:

Blank space for writing three future goals.

FOUR HEALTHY FOODS I CAN NOURISH
MYSELF WITH ARE:

Blank space for writing four healthy foods to nourish oneself with.

ONE SONG THAT MAKES ME FEEL
STRONG IS:

Blank space for writing one song that makes the user feel strong.

ONE THING I HOPE TO LEARN ABOUT
MYSELF IN THIS PROCESS IS:

Blank space for writing one thing the user hopes to learn about themselves in this process.