

St. Elizabeth Cancer Center **SELF-CARE KIT**

Make an epic self-care kit

What can you put in your self-care kit that makes you feel safe, uplifted, and cared for? Use your senses as a guide.

source: www.livethewhole.com

SIGHT	
SMELL	
TOUCH	
TASTE	
SOUND	
SPIRIT	
OTHER	

Check out the developing your self-care plan for some more ideas.

<http://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>