#### SOUL-CARE CARDS

Created by Heather Zoccali to help you begin or strengthen your healing journey.

Use these cards to guide you on daily, weekly, or monthly prompts & activities to aid in beginning to give yourself some -soul care.



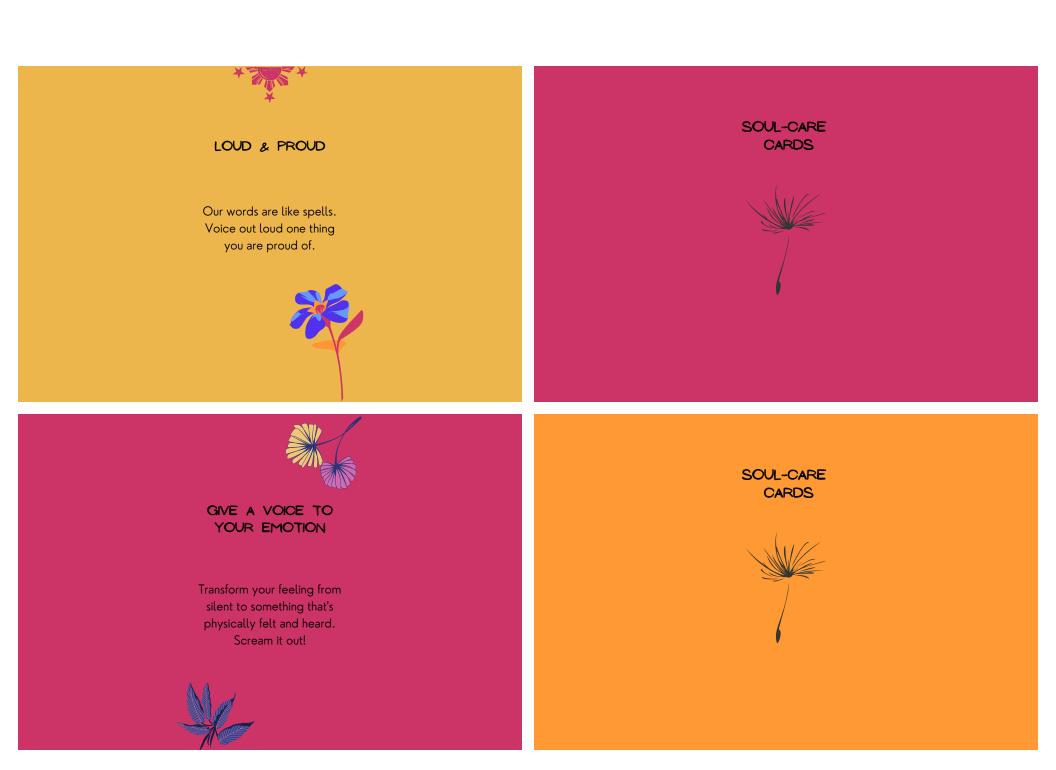




# SHAKE IT OFF!

Trauma gets stored in our bodies. Shake-off negativity, stress, and anxiety.
Intentionally shake your stuck points multiple times a day. When shaking, imagine that you are trying to release energy or sensations that are trapped in your body.







#### FOCUS ON WHAT YOU CAN CONTROL

Focus on what you can control and let go of the rest.

We cannot change what happened to us.

We do have control on how we choose to react to a

situation







#### BREATHE

Take it in and let it go

Exhale to a count of four.

Hold your air four four counts
Exhale for a four-count.

Hold breathe for four count.

Repeat.





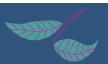


Show yourself some grace and think of something you want to forgive yourself of.

Voice it, write it, and let the forgiveness journey begin







# TALK TO YOURSELF AS YOU WOULD A FRIEND

Give yourself permission to accept you are human.

Treat yourself as you would a friend.





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No ,thanks for asking. You're so kind to think of me, but I can't.

I don't have the bandwidth for that right now.

Thanks for thinking of me however, I'm not able to.

I'm honored you asked me, but simply can't.







#### RETURN ON SELF

Be accountable for your energy

Be present in your body and how you are feeling

Ask yourself "what do I need"?

You teach people how to treat you; set & keep boundaries







Thank you for waiting for me.

Thank you for letting me express my emotions.

Thank you for helping me out.

Thanks for your patience.

Thank you for listening.



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# PRACTICE SELF-AWARENESS

Create a dedicated time and space for solitude (5 minutes works!)

Practice Mindfulness: Try mindful walking, eating, listening.

Journal. Write your inner thoughts down.

Listen. No Judgment. No giving advice.

Be open. Ask for feedback.





# TURN YOUR "WANNA" INTO A "GONNA"

Write down what you want.

Be specific.

What do you need to achieve this?

Set a deadline.

Make a plan.



Activate your plan.

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# SELF-COMPASSION BREAK

Choose a statement that speaks to you

I see you.

May I be kind to myself.

May I accept myself.

I love you.

I forgive you.







Take a deep breath. Exhale.

Notice FIVE things you see around you.

Notice FOUR things you can touch around you.

Notice THREE things you hear. This could be any external sound.

Notice TWO things you can smell.

Notice ONE thing you can taste.



Take a deep breath. Exhale.







#### #REAL TALK

Acknowledge where you are at.

No judgement.

Be open.

Be honest.

Release it.



















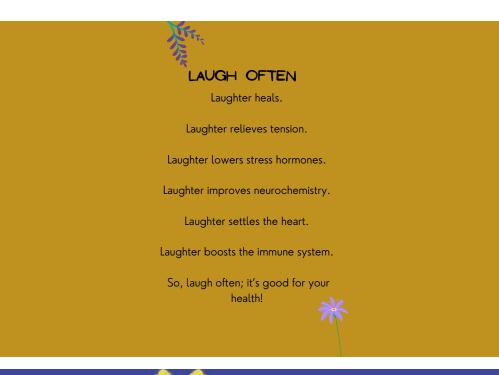


# HEART HUG

Place your hands over your heart and breathe in for four seconds Exhale for four seconds. Repeat

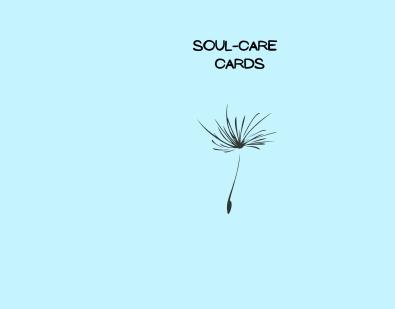














#### NATURE BATH

Get out in nature.

Walk aimlessly and slowly.

Listen to your body and where it wants to take you.

Follow your senses.

Take your time.

Savor sounds, smells, sights and feel of nature.







#### ACCEPT HELP

Make a list of things you feel comfortable accepting help from others.

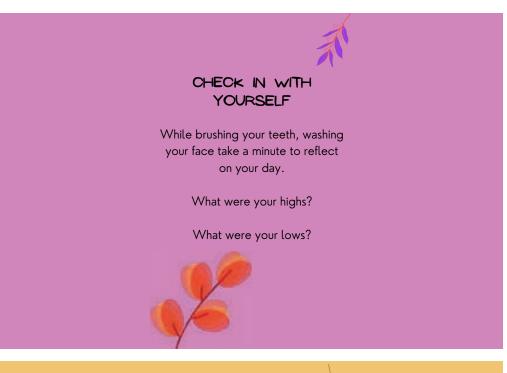
Keep it updated.

When folks ask "how can I help?"
Hand it to them. They can pick what
they are comfortable with.



Win.Win.









# MAKE TIME FOR YOU

Make a weekly, monthly calendar appointment for yourself.

Have your calendar automatically decline if anyone tries to schedule in this time.

Honor that time.









# HONOR WHAT'S POSSIBLE

Before taking on new things do a self scan.

Remember you are in charge of where your energy goes.

Does...bring you joy?

Set and honor the boudries you set.









# BE BORED

Boredom can led to:

creative ideas

refilling your bucket

replenishing your work magic

give birth to new ideas





#### SUNSHINE

The sun and impacts all of our hormones, our mood, energy levels.

Get outside for 10 minutes and day and let the sun take care of you!





# FOCUS ON ADDING GOOD HABITS

Focus on adding in 10 minutes of tech free time a day

Two glasses of water for every soda, coffee

Reading 10 pages a day.



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# DON'T APOLOGIZE FOR BEING YOU Own who you are. Own all of you. Fail forward. Give yourself grace. Know you are not alone