Welcome to a Summer of Self-care! You might be asking yourself, “What does self-care mean?” Self-care is when we take an active role in caring for our well-being and happiness.

This summer we talked about a ton of different ways we can take an active role in taking care of ourselves. This week, I invite you to reflect on your favorite ways to practice self-care. Take a moment to think back. Then check the list below...

Self-Care Checklist
- Gratitude
- Yoga
- Exercise
- Spending time in nature
- Mindfulness
- Meditation
- Coloring
- Reading
- Journaling
- Spending time with loved ones
- Helping and being kind to others
- Expression through art

Create a self-care shield to help you remember to take an active role in your own self-care. Look back at your shield when you need a reminder of the self-care strategies that work the best for you.

To create a self-care shield, pick your favorite shield template and then draw or write your favorite self-care strategies that you used this summer.

Join us from home!
Follow along with us this summer on social media! @victoryjunction

Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome
HERE’S OUR Self-Care SHIELD!

YOGA
Dancing
Spending time in nature.
READING
meditating

NOW IT’S YOUR TURN!

VICTORY JUNCTION @ Home
Finished? We want to see it! Share your artwork with us @victoryjunction or by using the hashtag #VJatHome
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