



# REFLECTive Self-Care

**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!*

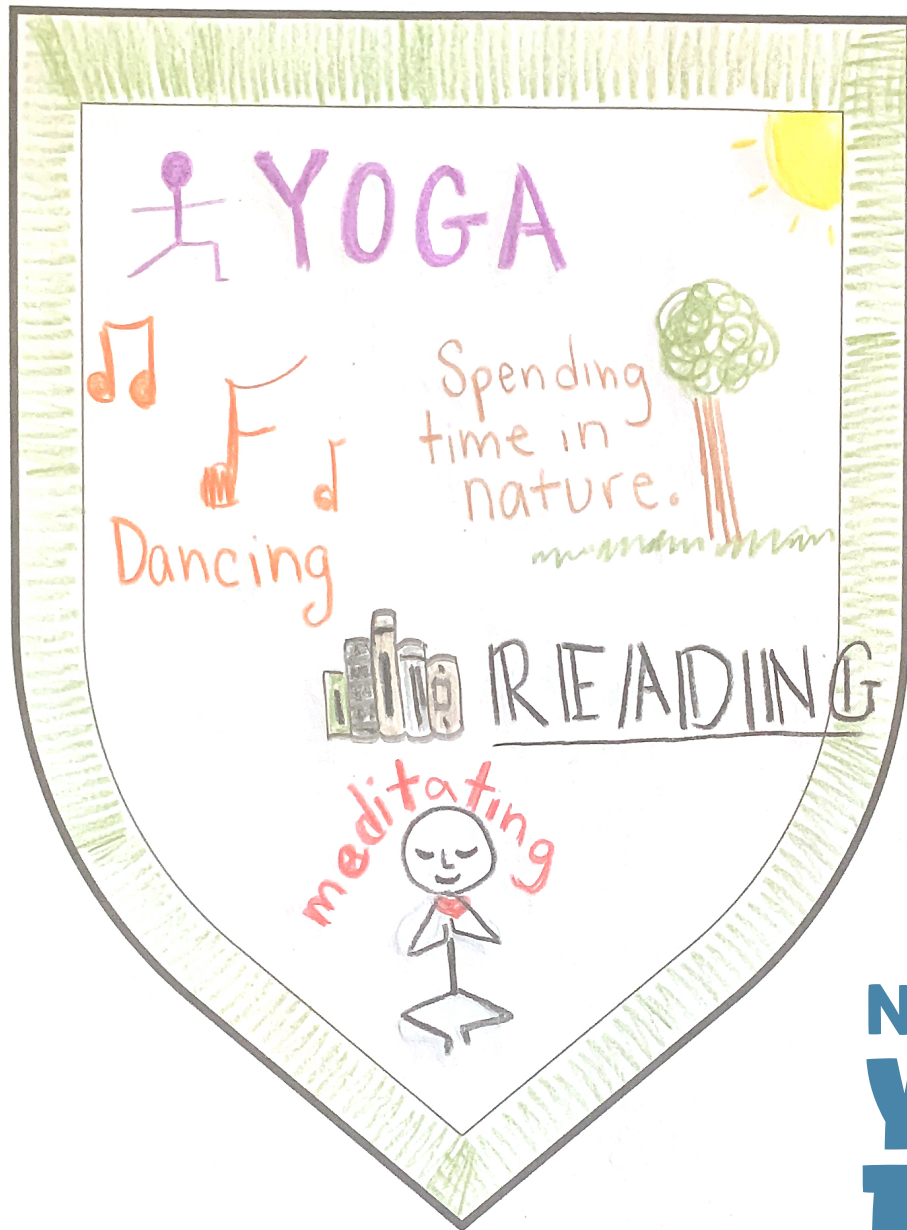
Follow along with us this summer on social media! @victoryjunction



Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome

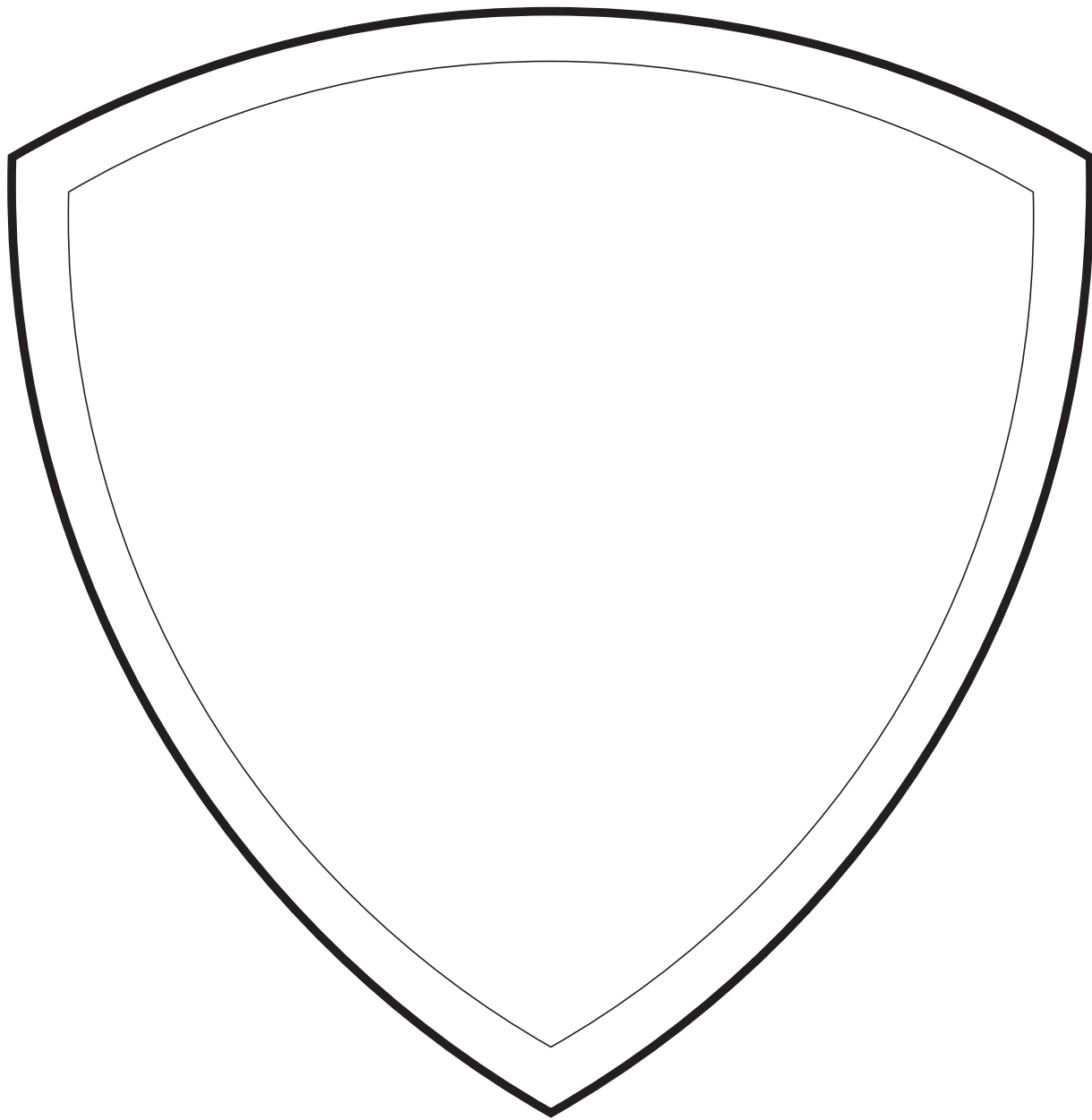


# HERE'S OUR *Self-Care* **SHIELD!**



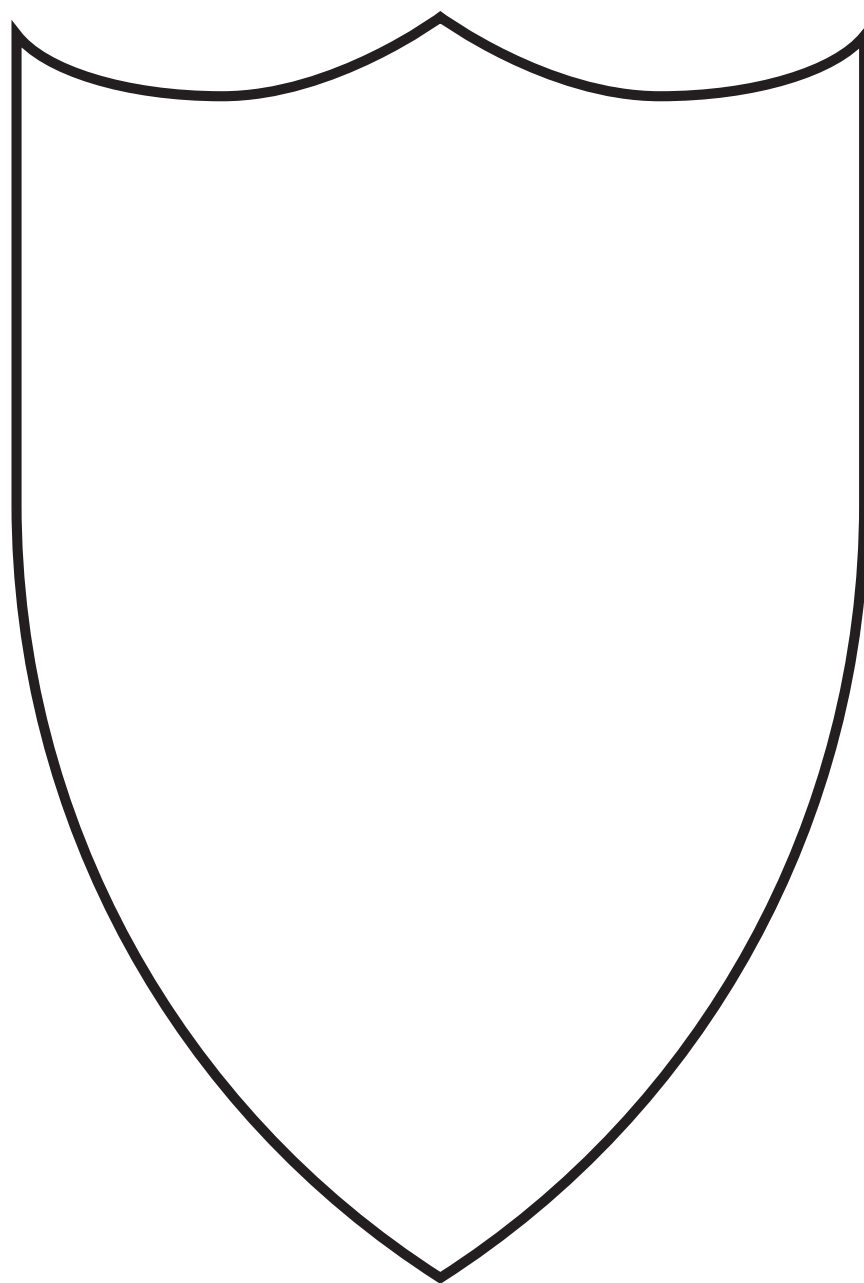
**NOW IT'S  
YOUR  
TURN!**

**VICTORY JUNCTION**   
*@Home!<*



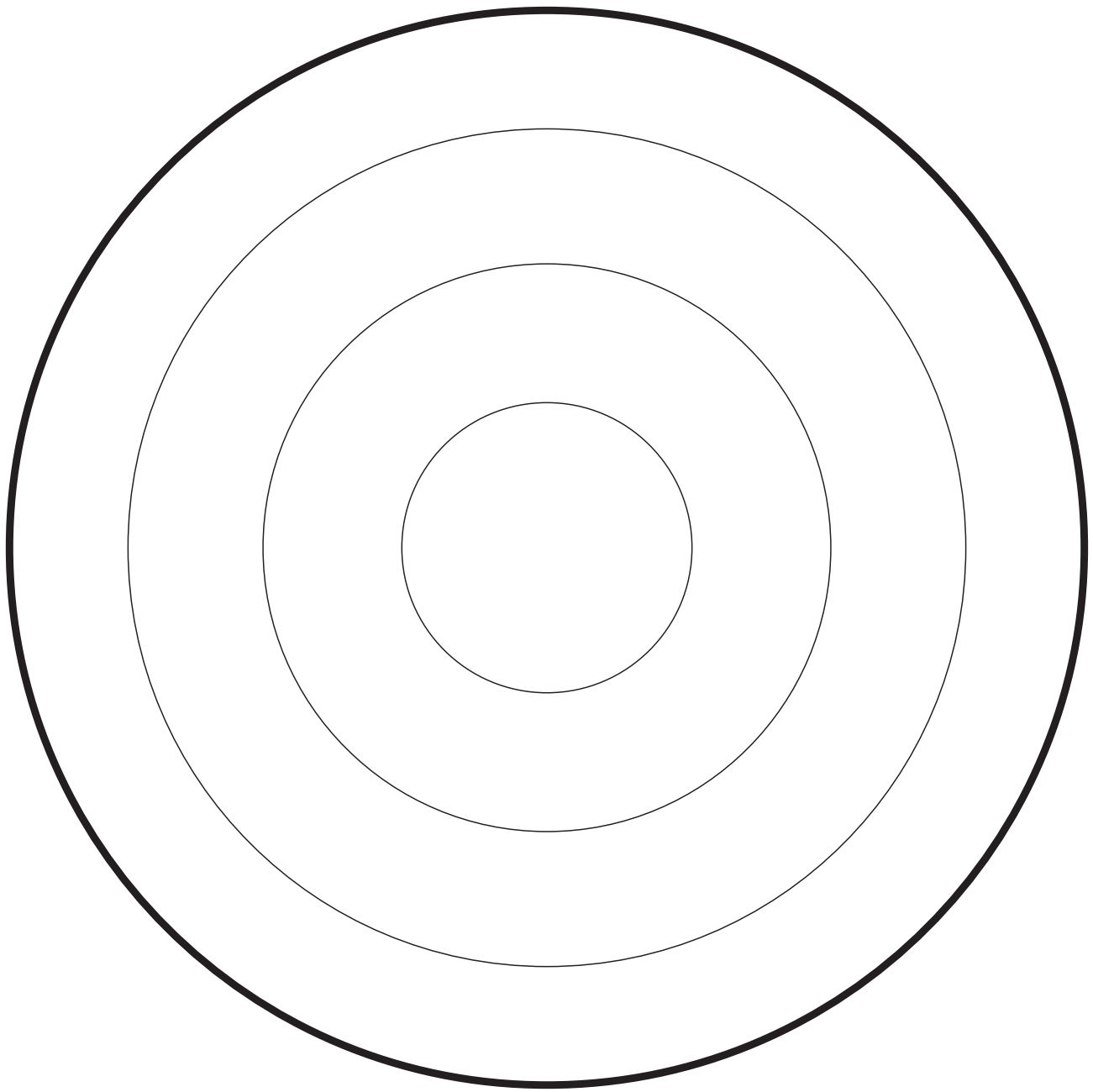
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Finished? We want to see it! Share your artwork with us  
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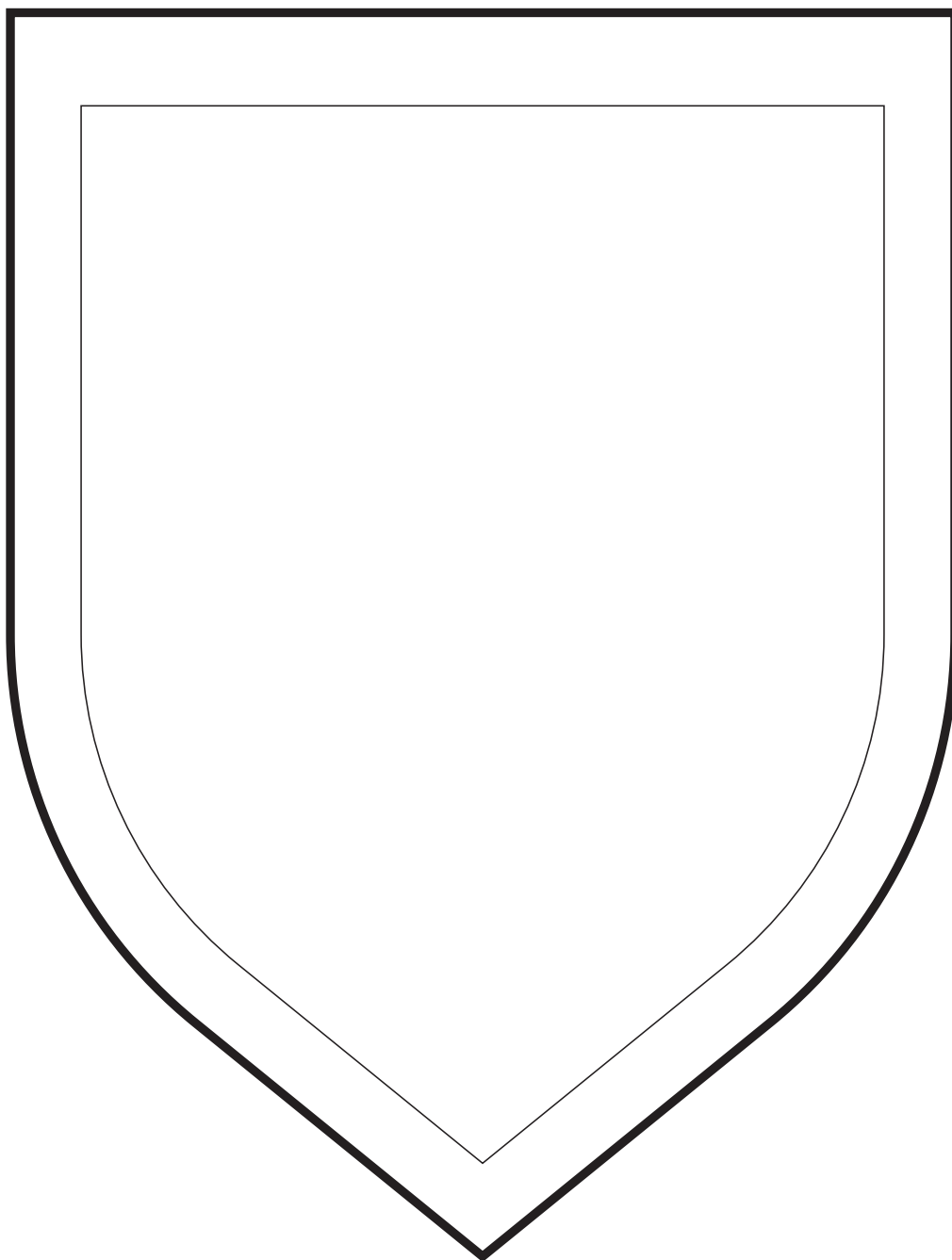
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