

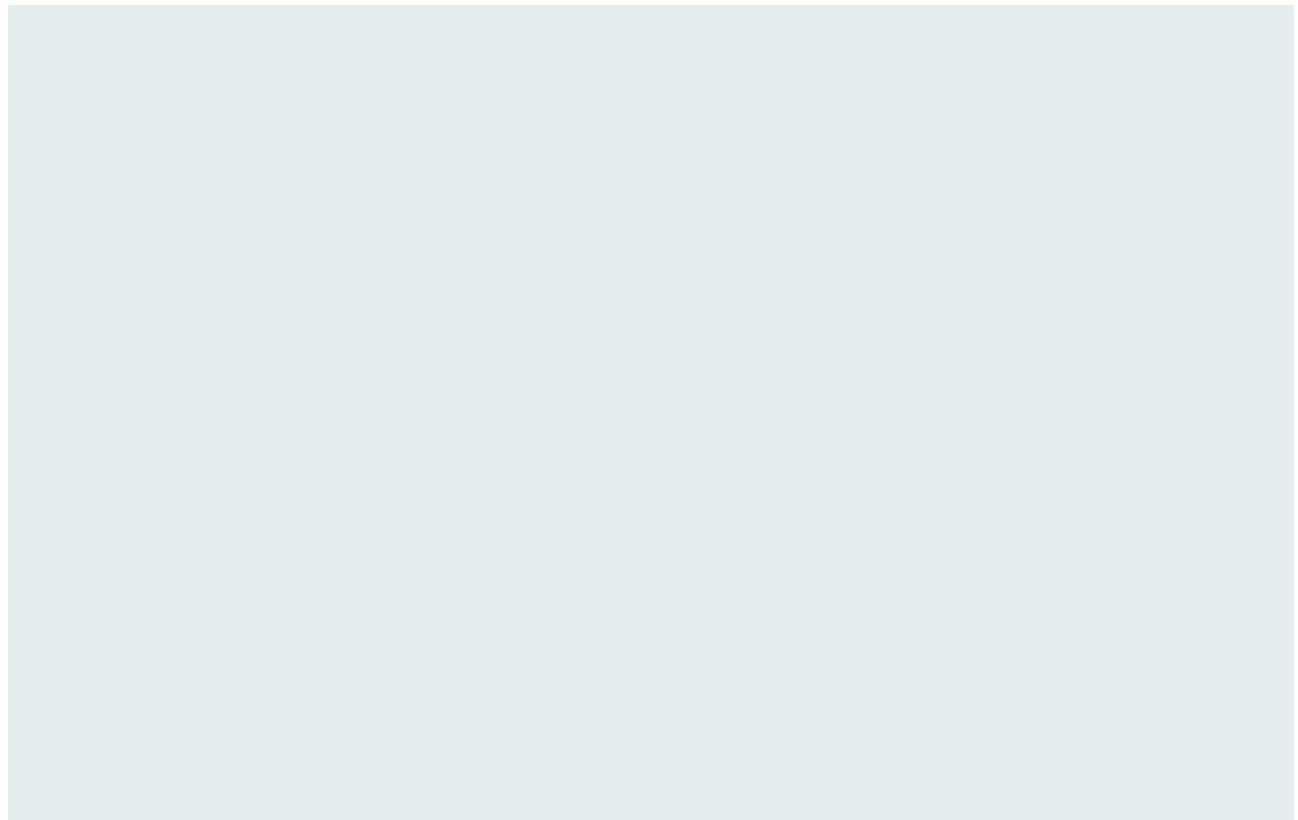
SELF CARE NEWSLETTER

HORIZON GRIEF RESOURCE CENTER

Flowers are beginning to bloom and the grass is starting to turn green. Spring is in the air! This can be a great time to take stock of the "garden" of your life. What does this information tell you? What changes might you need to make to thrive this season?

Draw a flower. Put your name in the middle of the flower. On each petal, write a characteristic that you like about yourself.

Draw a stem on the flower and roots. On each root, write something that you do for self care.



Draw four weeds growing next to your flower. On each weed, identify something that needs to be "pulled" from your life (a worry, a bad habit, etc).

Flowers need water and sunshine to grow. Write down what makes up your personal support system (friends, family, pets, community support, etc).

