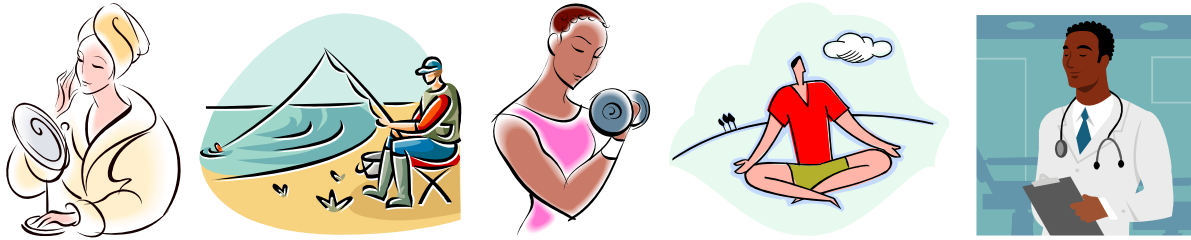


Self Care Game



Description: Participants answer questions regarding ten aspects or categories of self-care (Self-Regulation, Hygiene and Appearance, Sleep and Relaxation, Healthy Leisure, Good Eating Habits, Sobriety, Exercise, Inner Peace and Spirituality, Self-Improvement, and Health Management).

Materials: Print out the game cards on card stock and cut into separate cards. There will be twelve cards; several of the important self-care aspects are repeated. Print out the Question Card and list of Self-Care Components on Heavy Card Stock. Laminate cards and Question poster.

Objective: To help participants recognize various components of good self-care and to identify positive ways in which they care for themselves and ways to improve self-care.

Directions: Explain how good self-care involves more than good hygiene and includes many components including the need for rest and relaxation and healthy habits. Explain how the ability to self-regulate and maintain good self control is essential for personal safety and to function effectively. Give examples of self-improvement such as taking a course, learning a new skill, or making better use of supports. Explain that health management includes regular checkups, keeping appointments, and taking medications properly. Brainstorm how each of the components relate to self care.

Pass out one card representing one of the ten aspects of self care to each participant.

Participants take turns asking the following questions about the component of self-care on their card:

1. What makes this category part of good "Self-Care?"
2. Give one example of something in this category you are doing already.
3. Give one example of one thing you could improve. How would you begin to work on this?

Questions can be asked all at once or one at a time. There are no right or wrong answers; categories are purposefully broad to facilitate problem solving and to broaden the concept of self-care. The group leader may need to help prompt answers in the beginning and peers can offer suggestions, especially regarding things they notice that the person does well.

Wrap-up: Remind participants that people shared many ideas regarding good self-care. Ask each participant to choose one goal for improving their self-care and to explain how they hope to attain this goal.

Healthy Eating

Exercise

**Inner Peace
& Spirituality**

Health Management

Self-Improvement

**Hygiene &
Appearance**

Self-Regulation

Healthy Leisure

Self-Regulation

Sleep and Rest

Healthy Leisure

Sobriety

Self-Care

Self-regulation or Self-Control

Hygiene and Appearance

Sleep and Relaxation

Healthy Leisure

Healthy Eating Habits

Exercise

Inner Peace and Spirituality

Self Improvement

Sobriety

Health Management

Self-Care

1. What makes this category part of good "Self-Care?"
2. Give one example of something in this category you are doing already.
3. Give one example of one thing you could improve. How would you begin to work on this?