



Dr. Gwen's

A TO Z SELF-CARE GUIDE

TO NEW BEGINNINGS

A Ask For Help.

B Box Breathing.

C Commit to Change.

D Distance.

E Exercise/Physical Movement.

F Failure Is an Opportunity for Improvement.

G Gratitude.

H Hygiene.

I Improvements.

J Journal (reflective, gratitude, mood, drawing).

K Keep Your Head Up!

L Learn a New Skill or Hobby.

M Mentor.

N No Excuses.

O Own Your Mistakes.

P Positive Affirmations.

Q Quit Bad Habits.

R Read Books.

S Stay Connected.

T Try Therapy.

U Unplug.

V Vision Boards.

W Write (Letters, Songs, Poetry).

X X-factor.

Y Yes.

Z Zzzzzz.

EXAMPLE

