

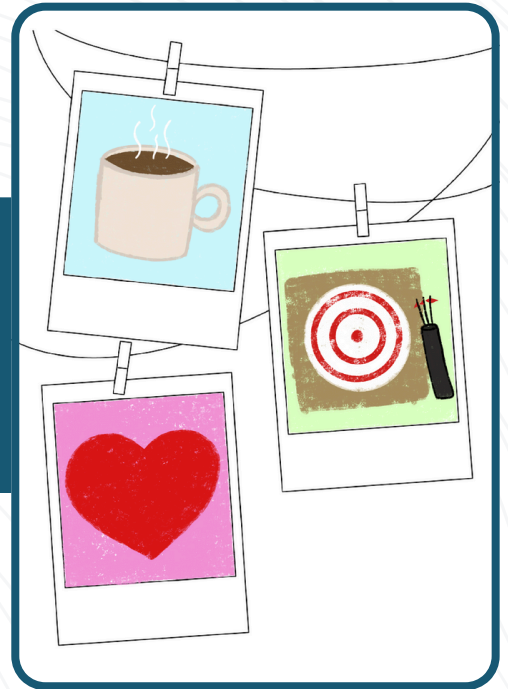
Suggestions for Creation



You're invited to select art supplies that you feel will best capture the way you incorporate self-care in your everyday life, or any that are available to you.

1

Using your phone or any device with a camera, take photos of things throughout your workday that spark joy, or that you're intuitively drawn to.



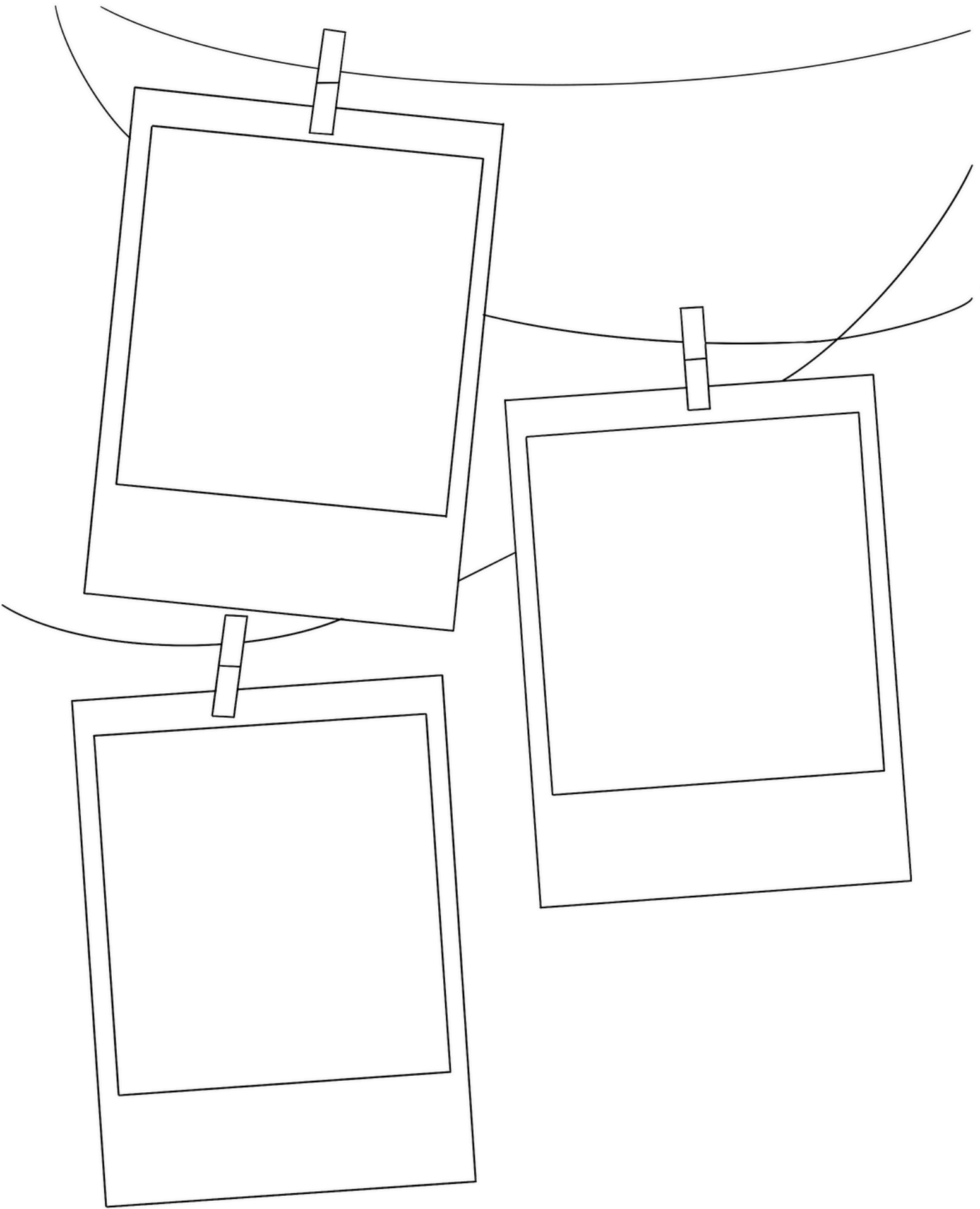
2

Looking at the photos that you took, choose the ones you want to represent creatively on the worksheet using words, shapes, and colors. You can also use titles or captions to describe them.

3

Reflect on what your creation reveals about your self-care and what you might need more of in your workday (e.g., movement, play). Are there ways that you could incorporate meeting your needs in a more intentional way?





Through the process of taking photos, what did you notice about your self-care and what you might need throughout your day?
