

SOME AWESOME WAYS TO **C.A.R.E.** FOR YOURSELF AND OTHERS:

CELEBRATE	APPRECIATE	RESPECT	ENCOURAGE
Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!
Write in a journal. Use the journal to capture your “thoughts passing through”, your hopes and your dreams. Writing things down strengthens your commitment to grow and/or change!	Write in a journal. Use the journal to capture your “thoughts passing through”, your hopes and your dreams. Writing things down strengthens your commitment to grow and/or change!	Write in a journal. Use the journal to capture your “thoughts passing through”, your hopes and your dreams. Writing things down strengthens your commitment to grow and/or change!	Write in a journal. Use the journal to capture your “thoughts passing through”, your hopes and your dreams. Writing things down strengthens your commitment to grow and/or change!
Dance! Wherever, whenever, however. Celebrate the day through the lens of gratitude and wonder.	Spend quality alone time with yourself. Learn to enjoy your own company.	Put healthy food in your body – it’s the only one you have. And please -drink more water.	Every day, each one of us has the “power” to positively impact another person by sharing our own unique “awesomeness”. Go out there and do good & be kind. Someone is waiting for you to do exactly that.....
Smile and share your smile with others. Everyone benefits!	Look in the mirror and tell yourself “I Love You” – daily.	Detach from technology for a day, a weekend or a week.	CALL someone you love to tell them exactly that.
Be your own “cheerleader”. Write down 3 awesome traits about yourself, put it somewhere, and look at it when you need a reminder.	When you meet someone new, challenge yourself to ask them “what they like to do” rather than the usual “what is it you do”. Finding out about another person’s interests can lead to great relationships.	Make exercise a priority! Get regular check-ups. Practice “self care”. Focus on the things you can change and improve. This will help tremendously with not only your metabolism, but also your mood.	Accept people for who they are, keep an open mind, listen when they need an ear, help them reach their potential, be honest, be compassionate and have good intentions.
See the real beauty and wonder in things you take for granted: a sunrise, a sunset, a growing garden, big snowflakes, a calm lake. “Tune into” the beautiful world around you.	Stop comparing yourself to others. Everyone is unique and we all have special gifts to offer the world. Focus on your own strengths that only you can offer.	Be a child again – Part 1. What were your favourite foods, colors, animals? Have these changed? What did you want to be or do when you grew up?	Take a leap. Do something you are afraid of and watch how life supports you. Live your life on purpose. Work towards goals that make you feel passionate and purposeful.
Be still. Take some deep breaths. Close your eyes. Let thoughts float in and out of your mind.	Scrapbook or sort through old pictures – a great reminder of all the things you love in your life.	Be a child again – Part 2. Play outside at a playground, blow bubbles, skip, build something with lego, play hop-scotch, make snow angels, colour, play “make believe”!	Clean through your “stuff” and get rid of things that you no longer need. Donate or give away to those who do need!
Laugh and laugh often! Have fun, be playful and whimsical.	Write a letter to someone far away – maybe about a favorite memory. You may get a return letter!	Accept differences in age, gender, race, culture, and backgrounds. Learn and grow from these rich diversities.	Surround yourself with positive people (even if you are the only one). Positivity is infectious!

CELEBRATE	APPRECIATE	RESPECT	ENCOURAGE
Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!
Bubble bath, scented candle, relaxing music, glass of wine = awesome	Give thanks daily. Live with an “attitude of gratitude” – make a list of what you are grateful for. Choose to see the things that surround you differently and be prepared to be “wowed”.	Get enough sleep so that you feel energized and balanced every day.	Have a day of spontaneity – drop your plans, follow your heart and be guided into an adventure.....
Create your own greatest hits playlist of music to lift your spirits. Listen to this playlist when you feel the need for a pick me up.	Forgive yourself and forgive others. A grudge is “letting someone live rent-free in your head”. Do not demean or ridicule yourself. Every day is a new beginning.	Honor your past and where you came from but do not let it define you. Make peace with your journey and remember that it is never too late to change “how your story will end”.	Put positive statements about yourself in places where you will see them everyday (ie mirrors, kitchen cupboards). Read them everyday. Sticky notes work well!
Buy yourself flowers! Treat yourself to some celebratory favors.	Have faith in yourself! Trust your instincts & hunches.	Spend some time with an elder. Listen to their “story”.	Learn new things to help you grow and contribute to the world.
Buy someone else flowers! Take the time to celebrate another person. Treat them to a small surprise that will lift their day.	Take time to reflect on the relationships you have that are healthy and re-evaluate those that are “unhealthy”. Remember that you are half responsible in any friendship/ relationship.	Keep your mind as “healthy” as your body. Be mindful of what you put into it. Be selective of what you read, watch, and listen to. FILTER, FILTER, FILTER!	Challenge “normal”. We each can determine our path. Break free of pre-defined paths and choose your own “journey of awesome”. Listen to your heart – you know what to do.
Celebrate your accomplishments. Keep working persistently towards what you want to do and be (follow your heart!)	Do what you love and you will love what you do. Get “unstuck”. You will be happier!	Be encouraging and positive in your thoughts, your words, and your actions. These will very quickly become “your habits”.	Limit the items or material things you buy for yourself and others. People are going to remember you for how you made them feel, rather than all the “stuff” you had.
Stay in your “comfy clothes” all day! Feel good about taking the time to celebrate this day.	Connect with family and friends. Treat these as opportunities to spend quality time together ie. technology free, no gossip, play board games, volunteer, etc. You will find that everyone will enjoy themselves more!	Put your cell phone away when you are visiting with another person to avoid distractions. Give them your full attention. Otherwise, you are “sending them a message” that they are “unimportant”.	Understand that there are things you can change and things that you cannot. Spend your time and wisdom to change the things you can for the better – beginning with yourself. The only thing constant in life is change.
Have a “date night” with yourself. At a nice restaurant, a movie theatre, coffee shop, opera, etc. Celebrate and “toast” to your awesomeness. Learn to be confident and comfortable with yourself.	Appreciate what you have, how far you have come, the lessons you have learned and the challenges you have overcome. Everything has brought you to this moment. If you are happy, keep doing what you’re doing. If you	Take the time to have a healthy conversation with someone much older or younger than you. You will learn lots about life from these opportunities. There is “richness” in sharing.	Focus on things that give you happiness or a sense of accomplishment. This may be a hobby, enrol in a gym/fitness class, dance (HULA!) class, learn to sing or play an instrument, volunteering or anything that

CELEBRATE	APPRECIATE	RESPECT	ENCOURAGE
Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!	Give a “C.A.R.E. Card”!
	are not happy, change something!		interests you.
Become powerful by realizing your strengths and celebrating your awesome successes, however small you may “think” they are.	Let go of past events – acknowledge your feelings but strive to put them behind you. Appreciate what you learned and how you have grown.	Treat yourself like you treat your best friend. It’s hard to be nice to someone who’s mean to you! Be kind and gentle with yourself.	Compliment others, including people you do not know. You won’t believe how good you will feel!
Find a way to relax, so that you can RENEW!	Volunteer – get involved in community events. Appreciate helping others and giving a new sense of perspective.	Challenge yourself to get up earlier in the mornings. Use the peaceful time to “just be”, exercise, meditate, or reenergize!	Reach out to others who can encourage you when you need it.
	Help someone else. You never know what others are going through. Take the time to help someone in need.	No is a tough word to pass along gracefully. Practice saying “no” tactfully without feeling guilty about it. You have the right refuse when you feel that you are over-extending yourself.	Recognize when people disrespect you and take healthy steps to stop it.
	“Hug” a stranger – and don’t forget to “hug yourself” DAILY!	Accept and trust yourself and others will follow your lead. Learn to trust who you really are and have a keen sense to disregard other’s suggestions when they prohibit your advancement.	Be creative. Dream and think in “possibilities”. Make those ideas happen!
	There are certainly times in life when no words are necessary. Nothing says more than the experience of peace, love and connection. Connection to nature, another person, and most importantly, yourself.		Break the cycle that age or life “situations” stop you from learning, dreaming or “living”. Who made those rules anyways? Keep living and learning.
	Practice a few moments of quiet mindfulness in your day. Appreciate not only the wonder around you in the world, but also the beautiful wonder of “you”!		