

Mutual Self-Care Exercise

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The following instructions can be performed both by imagining and/or acting them.

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**BREATHE
IN**

**B R E A T H E
O U T**

**BREATHE
IN**

**B R E A T H E
O U T**

**BREATHE
IN**

B R E A T H E

Take a break.

Do something to take care of yourself.

When do you want to do it?

How do you feel?

What would you like to do

see,

feel,

touch,

listen to,

say?

Where would you like to be?

Could/Would you do that with another person?

What if you share this with someone you love?

What if you share this with your neighbour?

What if you share and do that with other people?

What if you repeat the exercise?

What if you repeat the exercise?

What if you repeat the exercise?

What if you repeat the exercise?

What if you repeat the exercise?

What if you repeat the exercise?

What did you imagine/act?

Share, if you like, a picture or a written or recorded description of what you did.

What if you engage with someone else's activity from the self-care mosaic?

**What if you
imagine or do
the exercise
in public?**