

W a t e r

Y o u r s e l f

s e l f - c a r e C A R D S
f o r y o u t h



Water Yourself

Introduction



Welcome to the **Water Yourself Cards**—a deck created to inspire young people to take care of their emotional, mental, physical, and social well-being. These cards serve as gentle reminders and practical tools for self-care.

HOW TO USE THE CARDS

The cards are divided into **Check-in** section for the start, and 4 key areas of self-care: **Emotions**, **Mind**, **Body**, and **Relationships**. Each card includes a little invitation for reflection, a practice, or connection with yourself and others in a meaningful way. You can use the cards daily, as part of a weekly routine, when you feel overwhelmed, seek clarity or inner peace, need to connect to your body, or whenever you feel the need to pause, recharge, and reconnect with yourself or others. These cards can assist you in finding a bit more balance, reducing stress, and reflecting upon your own state, through focusing on different aspects of your well-being. There are no strict rules—let your intuition guide you in choosing the right card for the moment.



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WHO ARE THESE CARDS FOR?

These cards are designed for young people, especially those who are just beginning their journey toward self-care. They are perfect for individuals seeking to establish healthy routines and better understand their own needs and emotions. Educators, youth workers, and anyone supporting young people can also incorporate these cards into their sessions or workshops as valuable tools for promoting well-being.

Self-care is a journey, not a destination. By integrating these practices into your life, you're taking an important step toward greater balance, self-awareness, and joy. Remember, even small acts of care can lead to profound transformations. Let these simple yet meaningful cards guide you towards a more harmonious life. Embrace each moment, and let your inner wisdom light your way.

This deck was created by participants of an Erasmus+ training course **“Heart to Heart with Yourself. Youth workers’ training on self-care”**.



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PROJECT DETAILS:

Heart to Heart with Yourself.

Youth workers' training on self-care

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Pictures used in a deck were taken by participants during the training.