



# Activity Canvas

## SELF-CARE VS. SELF-SOOTHING

TV shows like "Parks and Recreation" encourage you to "treat yo' self" and to lean into the things that bring you joy. Other figures in pop culture encourage us to be rid of the things that do not bring us joy to de-clutter and take care of one's space. Where do the lines blur between self-soothing and self-care?

Media and the "self-care movement" can muddy the waters between the things one can take care of themselves on a daily basis (care) and things one can do to take care of themselves in an immediately stressful moment in time (soothing).

### LET'S DO A QUICK BRAINSTORM!

When you think of "self-care" what is the first thing you think of or image you see?

When you think of "self-soothing" what is the first thing you think of or image you see?



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Where do you see the overlap in self-care and self-soothing?

Self-Care:

Self-Soothing:

