

# *Self-Care Menu*

## OFFERING THE 'GIFT' OF RECONNECTION

We encourage organisations to offer 'gifts' of self-care to their staff whether through time and space to engage in those practices which support them to cope, or by providing them with actual 'gifts'.

From fancy biscuits in the communal kitchen and home baked cakes during staff meetings through to self-care boxes filled with resources to relax, replenish and inspire, the actual financial investment is irrelevant. What matters is the intention behind such 'gifts' and what they seek to achieve; care, kindness, gratitude and appreciation.

You can personalise and decorate these gifts according to your budget from the list on the next page.



## *Curiosity and Inspiration*

Atlas of the Heart by Brené Brown

The boy, the mole, the fox and the horse by Charlie Mackesy

Amazon voucher to encourage someone to select their own book

The Gifts of imperfection

Rising Strong by Brené Brown

## *Self-compassion and self-nourishment*

Essential oils

Hand cream for mixing

Candles

Blanket

## *Creativity and imagination*

Worry dolls

Friendship making kit

Therapeutic colouring

Mugs

Pens

## *Replenishment and renewal*

Box of assorted fudge

Luxury biscuits

Teas and coffees

## *Recognition and appreciation*

Cards

(ideas from Etsy or you can select your favourite illustration from the training)

Personalised self-care gift box