

<https://youfeellikeshit.com/index.html>

Relaxation and Self-Care

this is an update of an older post from an old tumblr. if you have pressing additions to it, totally let me know!

some of these things may be a little 'woo-woo frou-frou' but, generally, it's in the 'may as well try' camp. i don't think self-massage and an oatmeal face mask will cure your anxiety, but it will give you something to focus on and might feel pretty good in the meantime.

Stretching and Massage

- [Stretches you can do at your computer](#)
- [More stretches, with video, for lower back](#)
- [In-bed yoga stretches](#)
- [Self-massage tips](#)
- [Self-massage guide](#)
- [Self-massage for trigger points](#)
- [Tennis ball self-massage](#)

Self-Help for Mental Wellness

- [An introduction to self care](#)
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- **[A great source of worksheets!](#)** These include -
- [STOPP guide for dealing with a crisis](#)
- [For unhealthy cravings](#)
- [Self-coaching check-in](#)
- [Dealing with distress worksheet 1](#)
- [Dealing with distress worksheet 2](#)

- Alternative thoughts and actions (instead of destructive ones)
- **An entire self-help course to learn techniques to help develop healthy coping strategies!**

Relaxation Techniques

- Buddhist meditation
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- Breathing exercises for stress management
- Progressive body relaxation
- White noise generator
- Rainymood
- Natural looping ambiance
- Custom background noise
- Make your own glitter jar/'calm down' jar

Food

- 5 minute chocolate mug cake
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- 5 minute mug brownie
- Microwave hot chocolate
- Eating to manage stress
- Good and Cheap: Eat Well on \$4 A Day

Body Care

- Make your own salt scrub
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- Homemade face masks and scrubs (and hair masks, and etc...)
- Herbal bath and shower recipes
- Make your own lip scrub

Soothing Games

- [Nebula painter](#)
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- [Orisinal](#) has a ton of lovely games, like these next three:
- [Majestic deer crossing a river](#)
- [Giraffe smooches](#)
- [A blustery sunny day](#)
- [flOw](#)

if you have other links you'd like to see here, let me know!

i hope you find this helpful - please feel free to spread it around if you do.