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Thank-you so much for joining me! It's my mission to support parents just like you through this crazy, epic journey and I'm really excited to get to share some of my work with you. As a small token of my appreciation for joining, I've created these Self-Care Cards for you to use when the road gets a little rocky. ~Olivia

## Self-Care Cards



### How to use

1. These Self-Care Cards are broken into four sections:

- Identifying people in your community that you can turn to for emotional or physical support.
- Identifying ways you can talk to yourself or interpret your experiences that feel comforting or accepting when you want to change your mood.
- Identifying things that make you feel better when you are overwhelmed, scared, angry, anxious, or panicked.
- Identifying things that protect your mood when you do them regularly.

2. Brainstorm as many ideas as you can come up with for each section. There are no bad ideas when brainstorming! Just write anything that comes to mind.

3. Print the Self-Care Card and fill in each of the spaces with your favorite ideas from your brainstorming session. You can have as many or as few ideas as you want in each section.

4. Decorate you Self-Care Card. Doodle on it. Colour code it. Put stickers on it - whatever feels good! Have fun with this.

5. Put your completed Self-Card Card somewhere that you can access it often, such as your purse, pocket, desk, or bathroom mirror. Refer to it as regularly as you can and pull it out in any moment that feels really tough. You can make as many Self-Care Cards as you like so that you have them in multiple places.

### Professional Credentials

- **Registered Social Worker (RSW) in the Ontario College of Social Workers & Social Service Workers**
- **Master oMaster of Social Work (MSW) from Dalhousie University**
- **Master of Arts (M.A.) Sociology, Gender and Family focus, from York University**
- **Advanced Counseling Certificate from Dalhousie University**
- **Certified Maternal Support Practitioner (MSP) from bebo mia**
- **Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute**
- **IFC Associate Certified Coach (ACC)**



# Example Self-Care Card



## People I can reach out to for help

My mom  
My partner  
My funny co-worker  
My sibling  
My best friend

## Things to make me feel better in hard moments

Cry in the bathroom  
Blast my favorite song  
Close my eyes & identify all the sounds around me  
Make a cup of hot tea  
Swear a lot

## Mindsets to try on when I feel badly

"My life is a sitcom"  
"Time away from my child allows us to enjoy each other more when we see each other"  
"This transition is temporary"  
"I'm a total badass who has lived through worse"  
"My child is learning independence & resilience"

## Things that make me feel better the more I do them

Eat breakfast  
Walk the dog  
Have sex  
Meditate  
Read in a bubble bath

# My Self-Care Card



## People I can reach out to for help

## Things to make me feel better in hard moments

## Mindsets to try on when I feel badly

## Things that make me feel better the more I do them



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