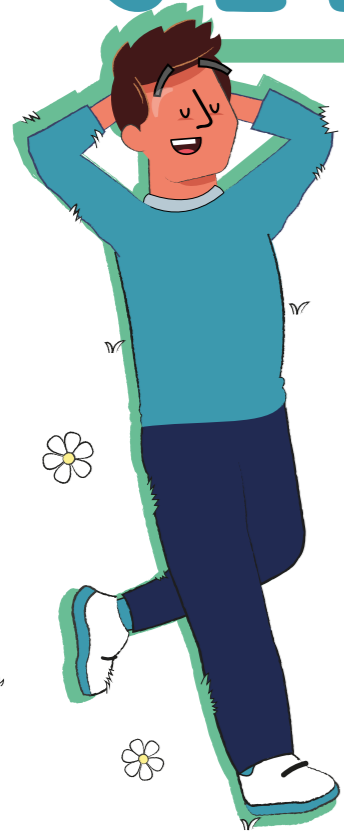
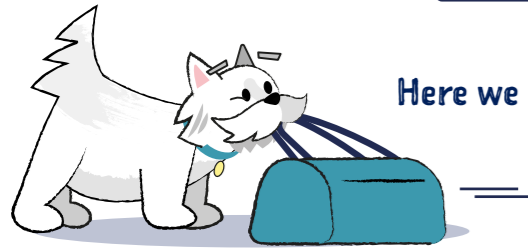


CHAPTER 1:
SELF CARE



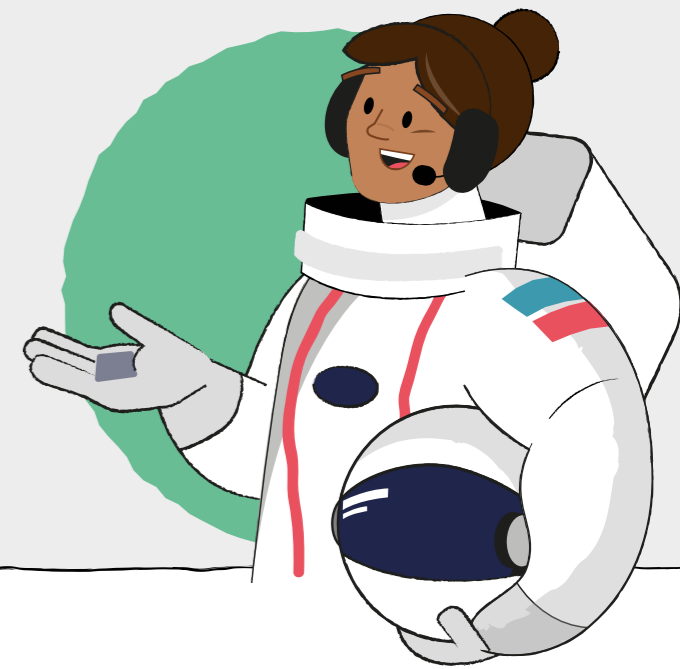
SELF CARE



Here we are, ready to start our journey.
Pack your suitcase.



Listening to astronauts, we find out that to beat **boredom**, they often talk about celebration, of spending time together over food, as a way of making their time in space more exciting. You need frequent moments to celebrate - or at least to recharge - by granting yourself special time to make you feel good: some people like to have a great discussion with a friend, others like to listen to music alone, to share a great movie with their siblings, or to party and dance... It's up to you, so long as it's fun (and doesn't hurt anyone).



At some points in this booklet, and at some points in your life, you might get stuck. You will need time to recharge, to feel good, to rebuild confidence in yourself. In other words, you will need to practice self-care.

How do you take care of yourself when you're stuck?

Let's look at an extreme scenario: you are travelling far, far away... So far in fact that you have left the Earth - and now you're stuck in space. Right, that's called being an astronaut. Let's give it a try.



YOU ARE SO DISTANT FROM EVERYTHING AND EVERYONE YOU KNOW, YOU ABSOLUTELY NEED SOMETHING TO HELP YOU FEEL GOOD, TO CHASE SORROW AWAY AND TO REMIND YOU OF WHO YOU ARE. WHAT WOULD YOU NEED THEN? HMM, THAT'S A DIFFICULT ONE. HOW DO ASTRONAUTS DO IT? WHAT ARE THEIR SECRETS, WHAT DO THEY BRING IN THEIR SUITCASE TO TAKE CARE OF THEMSELVES?

Astronauts also stress that we are here for the long haul.



So pace yourself, and most of all ensure you have good nights of sleep. (Have you noticed how everything can suddenly feel incredibly difficult when you're tired?) Enjoy nature, take some time out.

Make sure you are moving or exercising every day, whether it is a simple walk around your home or an intense and sweaty workout. Keep a diary. Take time to connect with others... look for whatever it is that works for you.

In the three following activities, we suggest that you build your own tools, so that you'll know what to do when you're feeling stuck. Enjoy making the tools and enjoy using them whenever you need them on your journey.



ACTIVITY

1



SELF CARE LIST

ASTRONAUTS MENTION THEY SUSTAIN THEIR MOTIVATION BY SPENDING TIME ENJOYING THEIR FAVOURITE HOBBIES. WHAT DO YOU DO WHEN YOU WANT TO TAKE CARE OF YOURSELF? BELOW YOU WILL FIND A LIST OF POSSIBLE ACTIVITIES. CIRCLE THE ACTIVITIES THAT MAKE YOU FEEL BETTER, AND ADD THE MISSING ONES THAT YOU USE TO TAKE CARE OF YOURSELF.

LISTEN TO MUSIC	SING YOUR FAVOURITE SONGS	PLAY AN INSTRUMENT
GO ON A HIKE	DANCE TO YOUR FAVOURITE MUSIC	PLAY A SPORT
.....	RUN FOR A LONG DISTANCE
GO CYCLING	COOK OR BAKE SOMETHING	DO MARTIAL ARTS
DAYDREAM	WATCH A MOVIE	PLAY A VIDEO GAME
WRITE A STORY	READ A BOOK
SPEND TIME IN NATURE	ENJOY GARDENING	PLAY A BOARD GAME
ENJOY YOUR MEMORIES, REMEMBERING EVENTS AND PEOPLE
.....	WRITE IN A PERSONAL JOURNAL	TINKER
CLEAN THE ROOM		

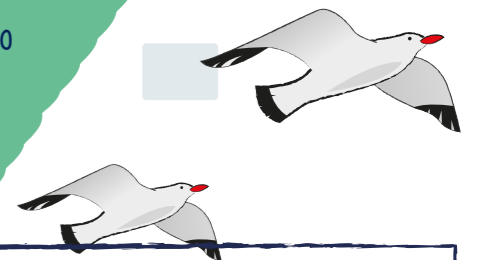
WHILE READING THIS BOOKLET OR DOING THE ACTIVITIES, WHENEVER YOU NEED TO RECHARGE YOURSELF, TAKE A MOMENT TO DO ONE ACTIVITY (OR SEVERAL ONES!) FROM YOUR SELF-CARE LIST. YES, YOU CAN DO IT RIGHT NOW!

ACTIVITY

2

SELF CARE SOUNDS

BEFORE ASTRONAUTS EMBARK ON THEIR MISSION, MANY GO TO THEIR FAVOURITE PLACES AND RECORD SOUNDS TO TAKE WITH THEM INTO SPACE. SOUNDS OF THE SEA, THE FOREST OR SIMPLY THE RAIN. DISTANT CONVERSATIONS COMING OUT OF THEIR FAVOURITE BAR, THE VOICE OF A PARENT, THE BABBLING OF THEIR CHILD. IF YOU HAD TO LEAVE FOR A YEAR-LONG SPACE MISSION, WHICH SOUNDS WOULD YOU WANT TO TAKE WITH YOU? LET'S GO AND RECORD THEM. ANY RECORDING DEVICE IS FINE. OR USE YOUR BRAIN INSTEAD, BY LISTENING ACTIVELY TO THE SOUNDS SO YOU WILL BE ABLE TO REMEMBER THEM. KEEP THESE SOUNDS WITH YOU FOR THE NEXT FEW WEEKS AND BEYOND. WHENEVER YOU FEEL LIKE AN ASTRONAUT CUT FROM THE SPACESHIP, LISTEN TO YOUR SOUNDS, AND YOU'LL REMEMBER WHICH PLANET YOU COME FROM.



SOUND 1:

SOUND 2:

SOUND 3:

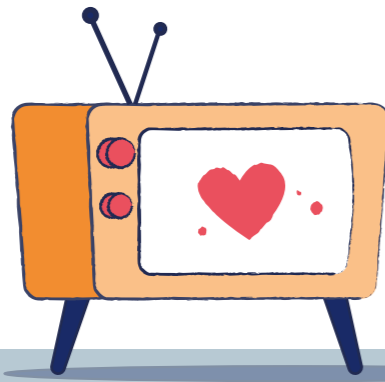
SOUND 4:

SOUND 5:

SOUND 6:

What did **you** record?





SELF CARE JOURNAL

SPACE SCIENTISTS HAVE BEEN STUDYING THE EFFECT OF ISOLATION FOR DECADES. THEY FOUND THAT WRITING A JOURNAL CAN BE INCREDIBLY HELPFUL. WELL, IF IT WORKS FOR ASTRONAUTS, IT SHOULD WORK FOR YOU AS WELL!

USE A NOTEBOOK OR A COMPUTER, AND DECIDE THAT FROM TODAY ON, YOU WILL SPEND FIVE MINUTES WRITING EVERY SINGLE DAY. DECIDE NOW WHEN YOU WILL DO IT: EVERY MORNING AFTER WAKING UP? RIGHT AFTER SCHOOL? OR IN THE EVENING, JUST BEFORE GOING TO SLEEP? THE CHOICE IS YOURS, BUT ENSURE THAT YOU WRITE FIVE MINUTES A DAY. IF YOU'RE UNSURE WHAT TO WRITE, THE QUESTIONS BELOW MIGHT HELP:



EMOTIONS

What did you feel today?
What were your hopes,
your fears, your joys,
your sorrows?



QUESTIONS

What have you been curious about? What questions did you ask yourself? What has surprised you? Did something new spark your interest?

EVENTS

What happened? What did you achieve, and what did you fail at? Which events did you feel were important during the day?



It will take some time to build the habit and the skill. Don't judge your own writing: no one will care if it's good or bad, the journal is for your eyes only. If you ever feel lost, you may also read the pages you have written on previous days to reconnect with who you are and with what you feel. Be faithful to your journal, and you can be sure the journal will be faithful to you.

Extra resources: There are plenty of self-care resources online: you can explore the great advice and videos from [Kids HelpLine](#) in Australia.