



Cup of Tea

Try this when:
You feel drained



Enjoy a meal

Connect with others
Add your recharge

Be outdoors

Rest

Practice self-care

Breathe
deeply

You will need

Paper, coloured pencils, markers

20 minutes

Draw a cup, then next to it, draw a box containing six different types of tea. Assign an image or words that help you feel nourished and restored next to each tea, perhaps "enjoying a nice meal" or "having an early night". Use this drawing as inspiration when you are in need of showing yourself some loving care.

Self-reflection

How often do you give yourself space to recharge? Are the ideas you drew easy to accomplish? Can you come back to this drawing when you are feeling drained?