Foundations of Well Being Creative Activity
Self-Caring:
Caring Quilt

Materials needed:
Activity template, markers or other things with which to write or draw

Directions:
1. On the quilt template, use different colored markers to write, draw, and otherwise depict things that help you feel cared about. We’ll explore the five aspects of caring for yourself (see below). Throughout the activity, you could write the names of those who care (or have cared) about you or draw little pictures of them, indicate activities or settings in which you feel cared about, write down things people have said to you or inspiring quotations, or put in anything else that helps you feel warm or good or safe inside. Remember that these relationships do not have to be perfect for the aspect(s) of caring in them to count and to be real.

2. The first aspect of feeling cared about is feeling included. This could be at work, among friends, in nature, in groups and organizations, or with any other situation or person in which you have belonged, been a part of, or otherwise been included.

3. The second aspect is feeling seen. Write or draw people, pets, groups, events, or settings in which you are (or have been) understood, empathized with, or seen – or in which someone was simply trying to understand you.

4. The third aspect is feeling appreciated or respected. Write or draw people, pets, groups, events, or settings in which you are (or have been) appreciated, respected, valued, on the receiving end of gratitude, wanted, or recognized – for your contributions, character, talents and skills, humor, opinions, warm heart, or anything else.

5. The fourth aspect is feeling liked. Write or draw people, pets, groups, events, or settings in which you are (or have been) liked. This could be relatively mild and simple, like a barista who is genuinely warm and friendly with you, or more intense and complex, such as the liking, affection, and mutual loyalty you have with a close friend.
6. The fifth aspect is feeling cherished or loved. Write or draw people, pets, groups, events, or settings in which you are (or have been) cherished or loved.

7. If you like, now go through and write down words ("loved," "seen," "warm," ) that arise when you bring to mind a feeling of being truly cared about. Imagine or sense this caring for you as a warm and cozy and supportive quilt wrapping around you. Take a moment, if you’d like, to let these feelings sink into you more and more deeply.