

Toolkit of self care to to help prevent the harmful impact of online pornography use

A collection of self-care tools obtained from an online spouse support group. Add further ideas to the list that you utilize.		
Self-support/self-soothing	Connecting/reaching out	Resources/Tools
Breathing exercises such as gratitude breathing	Contacting friends and socially connecting	Articles
Affirmation cards	Spending time with family and children	Books/E-books
Writing, journaling, blogging	Emailing others from support online groups for support	YouTube clips
Watching a favourite movie or show	Writing on forums	Inspirational speakers
Eating chocolate/good food	Contacting a professional coach, counsellor and or clinician	Fortify, Bloom and other online platforms
Playing Xbox	Starting a new activity such as learning a new instrument, a book club	
Dancing to your favourite music	Volunteering and offering the gift of service to others	
Listening to music calming and other	Spiritual leaders and other trusting supportive people in the community	

Going for a drive	Joining group therapy	
Going for a scenic drive to the beach and a walk		
Take a shower or bath and allow yourself to cry		
Taking an online class for new learning		
Taking photos, looking at photos to relax		
Doing housework and cleaning		
Physical Activity such as yoga		

Self-Care/Wellbeing Activity

Consider your own or someone who you care for that is impacted by the harmful impact of online pornography use. Consider things that are going well in each area? Identify one area to improve on?
Be prepared to share with others

Mental and Emotional Wellbeing	Physical Wellbeing

Social Wellbeing

Spiritual Wellbeing