



Are you feeling physical discomfort?
It could be linked to your emotions.

Have you tried body-based therapies before?

**WHEN WAS THE
LAST TIME YOU
TREATED YOUR
SELF?**

- Massage
- Visual art
- Mindfulness
- Music
- Yoga
- and more...

A gentle reminder for people who work with young people

How can you include and support body-based therapies in your work with young people?



Remember, YACVic's Code of Ethical Practice recognises that youth workers must take good care of themselves in order to remain in their roles and provide the best possible support for young people.