

Self-care Ideas



- ◆ Turn on a diffuser with your favorite essential oils
- ◆ Watch the sunset
- ◆ Practice mindful meditation
- ◆ Write a list of things you're grateful for
- ◆ Sit outside with your barefeet in the grass/soil
- ◆ Sip your favorite tea
- ◆ Journal where you are and where you want to be
- ◆ Hand write a note to someone you love
- ◆ Sit and breathe for 10 minutes with your eyes closed
- ◆ Close your eyes and scan your body from head to toe, release any areas of tension
- ◆ Go for a drive and enjoy the scenery
- ◆ Take a bath or long shower
- ◆ Gentle yoga or stretching
- ◆ Go for a walk
- ◆ Put on some music and dance
- ◆ Get a massage
- ◆ Read positive affirmations
- ◆ Listen to a positive/uplifting podcast
- ◆ Utilize an adult coloring book
- ◆ Read a good book
- ◆

