Self-Care

take a 10 minute **walk outside**

practice deep breathing for 5 minutes

drink a glass of water

learn yoga for beginners

listen to your favorite song

stretch for 5 minutes

have a healthy snack

meditate for 10 minutes

call a friend or family member

take a power **nap**

do a quick decluttering session

watch a funny video

read a few pages of a book

do a quick **workout**

have a **cup of tea**

try a new **recipe**

write in a journal for 5 minutes

do a random act of kindness

take a relaxing bath

unplug from technology for an hour

watch the sunset or sunrise

do a mini DIY project

say some words of affirmation

dance to your favorite music

reflect on your day before going to bed

notes

goals