

s o m e

Self Care Tips

1. Tidy up your bedroom
2. Get 8 hours of sleep
3. Go to a library and wander around
4. Open a window, sit next to it and smell the fresh air
5. Drink lots of water
6. Wash your face twice a day
7. Make a wish list on each of your favourites shops' websites
8. Think positively about yourself and others
9. Find a comforting album to listen to whenever things get bad
10. Clean up your study area
11. Make yourself a cup of coffee or tea
12. Exercise
13. Smile to strangers
14. Changing your bed sheets once a week
15. Reorganizing your clothes
16. Find a free local event to go to
17. Do something you think you can't do
18. Set small goals for yourself everyday and record your achievements
19. Go outside
20. Watch your favourite movie
21. Never give up on your dreams
22. Stay away from drama and negativity
23. Be kind to yourself
24. If it feels wrong, don't do it
25. Trust your instincts
26. Take a shower with your nicest-smelling soap and shampoo
27. Put on some comfy clothes
28. Dance around your room
29. Talk to a friend
30. Do your nails