

Self Care Strategies

CLEAN

Declutter/throw things out
Organise a room
Wash bed sheets

WRITE

In a journal
Positive affirmations
A to-do list
A gratitude list

READ

A book or newspaper
A blog that interests you
Affirmation cards

ROUTINE

Create a morning and evening routine
Create an exercise routine
Meal Plan

TRY SOMETHING NEW

Take a walk in a new place
Watch a new show
Try a new sport
Try a new recipe

HEALTH

Get a check up at the doctors or dentist
Organise your health records
Book a massage
Drink more water

MUSIC

Listen to music you like
Find new music
Turn on the radio
Sing and dance
Create a 'Happy' playlist

CONNECTION

Contact a friend
Join an exercise class
Join an online webinar
Smile at a stranger

CREATE

Draw/paint a picture
Play a game
Take some photos
Create a Pinterest board

COOK

Make your favourite meal
Bake a cake
Roast marshmallows
Meal prep
Eat mindfully

PLAN

Goal setting
Create a budget
Make a 5 year plan
Plan an event with friends
Make a to-do list

MIND

Meditation
Journaling
Yoga/pilates
Breath exercises

SELF CARE

Take a bath
Give yourself a facial
Take a nap
Light a candle

BE ACTIVE

Go for a walk/run
Do light stretching
Dance to a song
Take the stairs

NATURE

Gardening
Plant something new
Pick some flowers for a vase
Sit in the sun

ANIMALS

Pet/cuddle an animal
Listen to the birds
Walk your pet