

self care ideas

✿ physical

GO ON A WALK. WORK OUT. DRINK WATER. EAT A HEALTHY MEAL OR SNACK. STRETCH. TAKE A BATH OR SHOWER. DANCE. SLEEP. DEEP BREATHE. HUG.

✿ emotional

JOURNAL. WATCH SOMETHING YOU LOVE. LET YOURSELF CRY. MAKE YOURSELF LAUGH. PRACTICE POSITIVE AFFIRMATIONS. REACH OUT TO A FRIEND/LOVED ONE.

✿ spiritual

PRAY. VOLUNTEER. DONATE. MEDIATE. GO TO CHURCH/TEMPLE. PRACTICE GRATITUDE. LISTEN TO MUSIC. SPEND TIME IN NATURE.

✿ professional

MAKE A TO DO LIST. SCHEDULE BREAKS. MEET A COWORKER FOR LUNCH OR A PHONE CALL. DECORATE YOUR OFFICE. ASK FOR HELP. SCHEDULE TIME OFF.