



self care activities

what do I need?

rest/relaxation

- listen to a relaxing guided meditation
- listen to music
- take a time out
- take a bath or a shower
- watch a favourite movie
- read a book or magazine
- work on a puzzle

expression

- journal/free write/stream of consciousness
- paint/draw/doodle
- write a story
- sing and dance
- move your body
- cook
- explore a (new) hobby

companionship

- call a friend or loved one
- facetime/skype with a friend
- write a letter
- join an online class
- send an email to a friend
- have a dance party!
- have a conversation with a stranger

health/spirituality

- nourish with a healthy snack
- find an online movement class
- get outside!
- practice yoga
- practice affirmations and mantras

(reach out to me if you need help getting started!)