

SELF-CARE SUGGESTIONS

CHECK THE BOXES OF THE ACTIVITIES THAT YOU COULD DO TO TAKE CARE OF YOURSELF.

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO JOURNAL
- LIGHT AN AROMATIC CANDLE & HAVE AN EPSOM SALT BATH
- DO A GRATITUDE LIST
- LISTEN TO UPLIFTING MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- HAVE A MINI PAMPER SESSION
- TRY SOMETHING NEW
- READ A BOOK

MAKE IT A HABIT TO TAKE CARE OF YOURSELF
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