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|  | | 12 Days of Self-Care Worksheet It can be hard to think clearly during the hustle and bustle of the holiday season, and we at Rainbow Soap Company care deeply about you and your mental health. We created this self-care worksheet of tips and fun things you can do. For yourself and others. | | | |  | |
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| 12 Ideas for self-care rituals that you can do in 10 minutes | | | | | | |
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|  | Take a Bath  Take a bath or soak your feet in a basin of warm water filled with a Rainbow Soap Company specialty bath bomb or bath salts. One that helps detox your body. Who are we kidding, do this every day! LOL! | |  |  | Create a COVID First Aid kit  Make a COVID Car Kit. Get a cute basket, add two pair of sterile gloves, face masks, dressings, bandages, soap, antibacterial towels, hand sanitizer, burn ointment, antibiotic ointment, eye wash, a bottle of water and thermometer. | |
|  | Sip a Cuppa Make yourself a nice warm cup of tea, cocoa or coffee. Take a breath and really smell the aroma coming from the cup and feel the warmth seep into your hands. Allow the warmth to flow up into your face and breathe deeply of the aroma. Think of something nice you can say about yourself. I have beautiful eyes. I have a nice smile. I am a kind person. | |  |  | Medications Clean Out  Gather all your medication on the kitchen counter from all areas of your home. Check expiration dates on medicine bottles. Look in all your locations; sink cabinets, medicine cabinet, drawers, bedside tables, kitchen cabinets, countertops, etc. Check all medications, prescription, pain relievers, cold and sinus relief, anti-diarrhea medicine, antacids, and laxatives. Make a note of what expired and put on your shopping list for your next trip. | |
|  | Device Detox Take a device pause. Start with 10 minutes and eventually make it to a full day. Put your digital life on hold. Go out and do something fun, volunteer, walk in nature, play an old fashion game with your kids. We used to play socks. Where you try to pull the socks off the other person while keeping your socks on. Do anything but stay away from your electronic devices. | |  |  | Take a stroll Go outside and enjoy nature. Take a “gratitude walk”. Walk around and really take in the sights, scents and sounds around you. Practice gratitude either a loud or quietly to yourself. Think about all the ways you are grateful for everything around you. After your walk, spend a few minutes stretching your body. | |
|  | Call a Senior Day Check in on senior loved ones today. Call them and just say hello. Have the kids say hi too! Do a zoom call or facetime if they are far away. Ask them questions about their childhood. Sometimes the answers are astounding. | |  |  | Get Crafty with Creative Bath Gifts Gift bags, tissue paper, mix and match bath bombs in a cute container, add bath tools like a bath mitt, face cloth, and a bath brush and you have an easy gift. Make a few and gift to a local charity. | |
|  | Upgrade Your Powder Room with Personal Items  Make a toiletries gift basket for your guest bathrooms, add some Rainbow Soap Company room clearing spray, spare contact lens case, contact lens solution, feminine supplies, tweezers, and nail clippers. Add some shred and a bow! | |  |  | When’s the Last Time You Cleaned Out the Diaper Bag?  Clean out your diaper bag day! Get rid of old outdated items. What? How did that get in there? Check your supplies, diapers, baby wipes, baby powder, diaper rash cream, baby wash and lotion, formula, baby food, bottles, bib, burb rags, pacifiers, teething tablets or gel, blanket, extra clothing in season. | |
|  | Children Donating to Children My kids and I used to go through their toys before Christmas, and they would choose which toys we were going to donate to other kids. Have your child hug and thank the toy. Do not force them to part with a toy. Clean and sterilize the toys before boxing up. Have your kids select the charity location and allow them to donate. Add some new items to the boxes. Explain to them that they are donating to allow room for new toys. | |  |  | Make a Found Object Ornament  Gather up some found materials from nature. Sand, sea shells, moss, rocks, sticks, pine cones add embellishments like pearls, ribbons etc. Using a glue gun, add all the ingredients arranged to your liking and glue together. Don’t forget to add a loop for hanging with ribbon. Look for Rainbow Soap Company pop up workshops with Zing our resident expert in all things Fae. | |