Self-Care Ideas Mental Emotional Spiritual Physical Stretch Socializing Therapy Meditation Exercise Creativity Honesty Yoga Say "no" Deep Breaths Eat Healthy Hobbies Spa Day Books Boundaries Prayer Self-Talk Journaling Affirmations Pampering Laughter Mantra Water Drinking Learning

My Self-Care Ideas			
Physical	Mental	Emotional	Spiritual

	My Self-Care	Routine
Daily	Weekly	Monthly

Self-Care Ideas			
Physical	Mental	Emotional	Spiritual
Stretch	Socializing	Therapy	Meditation
Exercise	Creativity	Honesty	Yoga
Eat Healthy	Hobbies	Say "no"	Deep Breaths
Spa Day	Books	Boundaries	Prayer
Pampering	Affirmations	Self-Talk	Journaling
Water Drinking	Learning	Laughter	Mantra

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M	, Self-Care R	outine
Daily	Weekly	Monthly

Self-Care Ideas

Physical

Stretch Exercise

Eat Healthy

Spa Day

Pampering

Water Drinking

Mental

Socializing

Creativity

Hobbies

Books

Affirmations

Learning

Emotional

Therapy

Honesty

Say "no"

Boundaries

Self-Talk

Laughter

Spiritual

Meditation

Yoga

Deep Breaths

Prayer

Journaling

Mantra

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Mental

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