

# Self Care Activities:

1. **ASK YOURSELF WHAT DO I NEED NOW?**

2. **DO IT!**

- Read a book
- Keep a journal
- Take a bath
- Do a puzzle
- Exercise: any way that makes you feel good
- Walk outside in nature
- Listen to music
- Dance
- Call a friend
- Write a letter to a friend
- Hug a pet
- Take a hike
- Enjoy a cozy nap
- Try a new hobby
- Clean your room
- Eat healthy food
- Drinks lots of water
- Get a good night's sleep
- Try Meditating or saying a prayer
- Cut down screen time
- Let go of things that don't serve you
- Skip rocks on a pond
- Watch the birds outside
- Feed the ducks
- Bake or cook a meal
- Draw, paint, and craft
- Get creative in your way
- Get outside and garden
- Buy yourself a gift