

self-care

[n.] the maintenance of well-being and personal health

- Take a long shower or bubble bath
- Make a cup of tea
- Read a few chapters of a book
- Watch your favorite movie or TV show
- Take a short walk
- Step outside and look at the sky
- Take a few deep breaths
- Listen to relaxing music
- Connect with a friend
- Have time alone
- Get your hair or nails done
- Go to the grocery store alone
- Have a massage
- Eat dessert
- Spend time on a hobby
- Take yourself to lunch
- Have a nap
- Meditate
- Say kind things about yourself aloud
- Write about your dreams

