

ONE MONTH OF SELF-CARE

IDEAS TO GET YOU STARTED

FOR FUN

A glass of wine with a friend

GET YOUR GROOVE ON

Send a care package to someone

DO A JIGSAW PUZZLE

book an escape room

Write a 'thank you' note

Watch a comedian on YouTube

LEARN A NEW SKILL/HOBBY

HEALTH AND WELLBEING

GO FOR A WALK

Start a gratitude journal

Start a fitness challenge with a friend

VOLUNTEER

Start a worry list to get things out of your head

Book a massage

SELF-CARE IS NOT SELFISH - SELF-CARE IS SELF RESPECT

CREATE A VISION BOARD

re-arrange a room in your house/your desk

Plant a plant

SPEND TIME IN A FLOATATION TANK

PRIVATE AND CONFIDENTIAL DEBRIEF WITH YOUR FURRY FRIEND

Just say 'no'

TAKE A BREAK FROM SOCIAL MEDIA

MAKE A PLAY LIST

make a bucket list

PLAN NEXT MONTH'S SELF-CARE LIST

PLAN A FUTURE HOLIDAY

TAKE A BUBBLE BATH

watch the sunset!

GO OUT FOR DINNER

Turn your phone off

Date night!

BE CREATIVE

TAKE A BREAK

AWARENESS • BALANCE • CONNECTION