

# 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**