

25 IDEAS FOR SELF CARE

1. Sit quietly with your favourite non alcoholic drink and savour the moment.
2. Take time to sit and read a favourite book.
3. Go for a refreshing leisurely walk - even better take a picnic and enjoy eating out surrounded by nature.
4. Dance and listen to your favourite playlist.
5. Take time to draw, paint or sew - get creative and see what you can do with your hands.
6. Go outside and photograph life and nature - see things through fresh eyes.
7. Put on a facemask and spend some time relaxing.
8. Make your favourite meal.
9. Treat yourself to a beautiful bunch of flowers.
10. Take time to phone a friend and have a catch up.
11. Write in a gratitude journal.
12. Take a luxurious bath without being disturbed.
13. Stretch your body or complete a simple yoga practice.
14. Give yourself a mini manicure.
15. Look through your closet and only keep clothes that you love.
16. Listen to an enjoyable podcast.
17. Plan some activities that you would like to do.
18. Treat yourself to a daily skin routine.
19. Take a social media break for a few days.
20. Diffuse your favourite essential oils.
21. Go to bed early and cosy up under the duvet.
22. Order in your favourite take-away meal.
23. Sing-along to your favourite songs.
24. Lie on the grass and watch the clouds sail by.
25. Go for a walk around a museum or park that you love.

