



Self Care Suggestions

- Take a few minutes to sit with a hot cup of coffee or your favorite tea
- Journal three things you're grateful for
- Take a walk outside
- Call someone you love to tell them
- Write a letter to someone you admire and tell them why you feel that way.
- Take a warm bath
- Sit down while you're eating your meal, chew slowly and taste your food.
- Listen to music that makes your heart sing
- Write yourself a note of support, one that you'd want to receive from a friend.
- Practice a mini meditation, inhale through your nose for the count of 3, hold for the count of 3, exhale through your nose for the count of 4.
- Use a few minutes to stand up and stretch out
- Take a power nap
- Read an uplifting book
- Watch an enlightening Ted Talk, like this one:
https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage