

- ♥ Listen to nature
- ♥ Go for a walk
- ♥ Practice deep breathing
- ♥ Plan a movie night with friends
- ♥ Give yourself a manicure/pedicure
- ♥ Do a fun craft
- ♥ Buy yourself some flowers
- ♥ Colour in a colouring book
- ♥ Drink soothing tea
- ♥ Write down your short-term goals
- ♥ Write down your long-term goals
- ♥ Say no
- ♥ Write in your journal
- ♥ Talk to yourself in the mirror
- ♥ Download funny jokes and laugh
- ♥ Join a laughing group
- ♥ Talk with your therapist
- ♥ Plan a holiday
- ♥ Plan to help someone in need
- ♥ Plan to do volunteer work with children
- ♥ Plan to do volunteer work with aged persons
- ♥ Soak up some sun
- ♥ Go window shopping
- ♥ Take yourself to the beach
- ♥ Take a long shower and pamper yourself
- ♥ Problem solve work personal issues
- ♥ Practice positive self talk
- ♥ Give yourself credit for job well done

SELF CARE FIRST AID

- ♥ Call a friend for help
- ♥ Call a service line like Lifeline
- ♥ Read a self- help book
- ♥ Binge watch your favourite television show
- ♥ Take a break from work
- ♥ Get some fresh air
- ♥ Sign up for a Pilate's class
- ♥ Sign up for a yoga class
- ♥ Have a power nap
- ♥ Try out a new coffee hop near you
- ♥ Write down some things you like about yourself
- ♥ Write yourself a love note
- ♥ Light a candle
- ♥ Listen to music
- ♥ Write in your journal
- ♥ Write in your grateful book
- ♥ Create a self-love jar for your love notes
- ♥ Join a support group
- ♥ Buy some flowers for yourself
- ♥ Bake yourself some cookies
- ♥ Eat some fruit and vegetables
- ♥ Eat a piece of chocolate
- ♥ Soak up some sun
- ♥ Have a bubble bath
- ♥ DE clutter your house
- ♥ DE clutter your handbag
- ♥ Donate clothes you don't want to wear
- ♥ Talk to your therapist
- ♥ Prioritise your to do list
- ♥ Read an inspirational poem