




Self-Care Activities



- ☒ Go for a run
- ☒ Ride a bike 
- ☒ Have a movie night
- ☒ Get a massage
- ☒ Meditate
- ☒ Take a nap
- ☒ Walk your dog
- ☒ Sing
- ☒ Go for a drive
- ☒ Get out into nature/hike
- ☒ Light scented candles
- ☒ Dance

- ☒ Draw/doodle
- ☒ Bake
- ☒ Craft
- ☒ Plant 
- ☒ Watch the sunset/sunrise
- ☒ Read/listen to audiobook
- ☒ Take a long bath
- ☒ Listen to music 

Connect with
family/friends

- ☒ Paint your nails
- ☒ Board game with family