

30 days of self-care

1 Hydrate w/ water	2 Stretch	3 Read	4 Time w/ Family	5 Spend time in silence	6 Get 8 hours of sleep
7 5 fruit/ vegetable	8 Yoga	9 Journal	10 Time w/ Friends	11 Affirmations	12 Time in nature
13 Enjoy a meal in silence	14 Walking	15 Colouring pages	16 Listen to music	17 Meditation	18 Call or text an old friend
19 Prepare your own meals	20 Vigorous exercise	21 Self-massage or foam roll	22 Enjoy a meal w/ someone	23 Visualisation	24 Gratitude list
25 Take a multivitamin	26 Tidy up the house or car	27 Connect w/ others online	28 Take yourself on a date	29 Phone detox	30 Celebrate self- care!

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