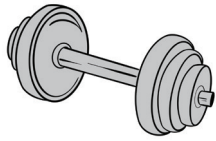
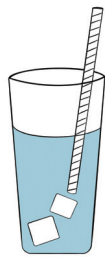


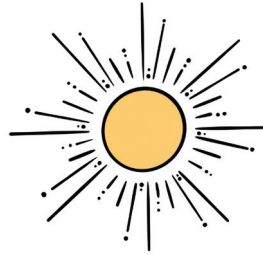
play with a Pet



do some exercise



drink a glass of water



sit in the sun



wear your favourite outfit



take a bubble bath



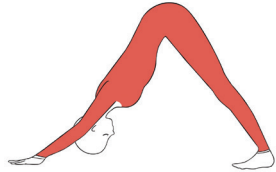
make your bed



get up and stretch



take a break with a hot drink



restorative yoga poses



watch a funny movie

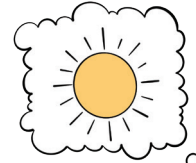
spend time in silence



have a healthy snack



make a special meal



focus on the good



take a nap



clean up your room

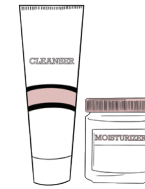


do something nice for someone

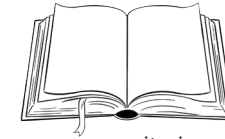


talk to a friend

40 ways to practice self-care



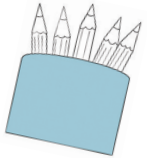
skincare routine



write in a gratitude journal



go to bed early



do some colouring



turn off social media



quiet meditation time



do something nice for someone



go for a walk



read a book



sit in nature



walk barefoot on the grass



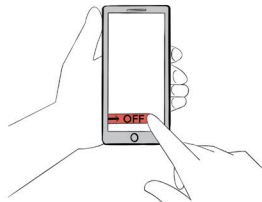
create a vision board



take some deep belly breaths



visualise something you love



turn off all electronics



pamper Yourself

do something new



say kind words to yourself

eat to nourish



listen to music



buy yourself some flowers