



30

SELF-CARE  
IDEAS

MIND



# TO.DO

women

1. Change the way you self-talk, be kinder to yourself and catch yourself out on the negative words.

2. Reflect on your week in a journal, write down the ups and downs and what can be changed for the better.

3. Learn something new or more on a topic you already know.

4. Do something mentally stimulating. Read a book, play sudoku, do a puzzle or crossword.

5. Plan to do exercise by yourself or with your friends to get out of your space and into nature.

BODY



# TO.DO

women

1. Play a sport you enjoy to get moving and active; yoga, pilates, weights, running or walking.

## 2. Dance!

Whether it be in public or at home in your own space, dancing releases good energy, and helps you notice the wonderful things your body can do!

3. SLEEP  
HYDRATE  
EXERCISE  
MINDFULNESS

4. Get a massage or a tight hug from a friend! At least 10 seconds to release the endorphins!

5. Put up self-affirming words on your mirror or next to your bed for when you might feel down about your body.

# EMOTIONS



# TO.DO

women

1. Don't bottle your emotions up, they tend to then explode! Reach out to a friend and vent baby!

2. Practice random acts of kindness, this has been linked with boosting one's mood! Practicing gratitude as well can definitely give us the boost we need!

3. Be vulnerable, take risks and if needed, talk to a professional.

4. Accept uncomfortable emotions; anger, fear, sadness, embarrassment or shame.

5. Indulge yourself in a creative activity with drawing, painting, sculpting, clay.

# RELATIONSHIPS



# TO.DO

women

1. Reach out to your best friends and plan a trivia, cards or cooking night. A chance to properly reconnect.

2. Join a new online or local community that shares your favourite interests. Dancing, art, theatre, meditation, yoga, cooking, walking?

3. If you feel misunderstood by a friend, be honest & speak with them.

4. Have a family night, enjoy games and get to know how they are going. It is so easy to lose touch when we grow up.

5. What are your love languages? Are they being met? Do people know how to meet them? Let them know!

IF YOU ARE  
BURNED OUT



# TO.DO

women

1. Ask for job responsibilities that excite you instead of bore you!

2. Focus on your passion and hobbies! Maybe it is time to look for new work or ask for different work?

3. Take time off, you are not lazy or slack you need to reboot, rejuvenate and realign.

4. Meet your basic needs; sleep, exercise, food and water!

5. Create a routine to ensure you aren't taking time away from important 'me' time.

IF YOU HAVE  
3 MINUTES

# TO.DO

women

1. Set an alarm for 3 minutes to practice mindful breathing to bring yourself back into the present.

2. Take a 3-minute break; make a coffee/ take a quick walk around/ do 10 jumping jacks or go pee and wash your face!

3. Write 3 things you are grateful for and 3 things you like about yourself today.

4. Feeling tired? nervous? unfocused? Stand in a power position for 3 minutes!

5. Listen to an empowering song, podcast or call a friend to get you into an awesome groove!

IF YOU HAVE  
A LOT OF TIME

The image features a vertical gradient background transitioning from a pale, warm orange at the top to a deeper, more saturated orange at the bottom. Scattered throughout this background are numerous stars of varying sizes and colors, including shades of dark red, burnt orange, and light peach. The stars are most densely clustered in the upper right and lower right corners, creating a sense of depth and movement. The text is centered horizontally and consists of two lines: the first line, "IF YOU HAVE", is arched and the second line, "A LOT OF TIME", is straight. Both lines are rendered in a bold, dark red, serif typeface.

# TO.DO

women

1. Take the day off and visit an awesome museum, join a cool webinar or visit a national park.

2. Google 'free things' to do in my city. Create a day of adventures for yourself.

Stimulating ourselves with new and exciting tasks can boost our moods.

3. Volunteer somewhere that aligns with your values, passion and beliefs.

4. Sort out photo albums, clean your cupboard, complete unfinished life admin and reset your life!

5. Learn a language, start a new hobby or simply enjoy the freedom to do absolutely nothing!

**CONTACT US!**

Let us know what worked  
for you and if you have  
anything to add!

Our DM's are always open  
for you girl X