



PICK-ME-UP

spread ideas



FEELING LOW?

- Take time for self care
- Journal
- Talk to someone
- Do a mindful activity
- Read a book
- Do something you enjoy
- Get active
- Dance or listen to music
- Go for a walk
- Spend time with friends

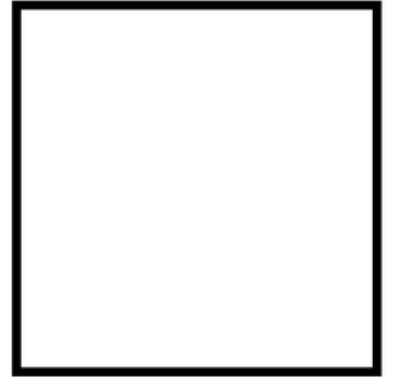
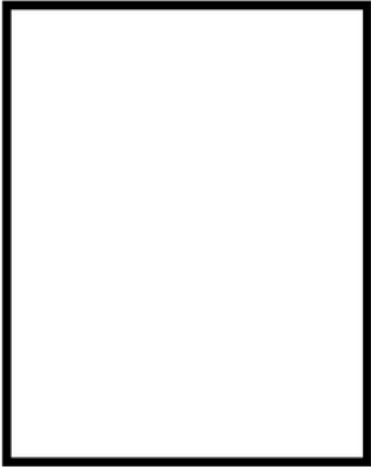
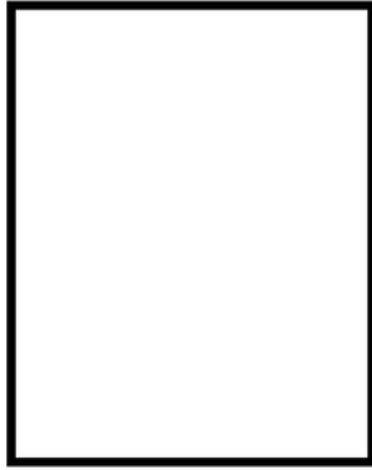
SELF-CARE

- Get active
- Hydrate with a cup of herbal tea
- Make time to get outdoors
- Healthy snack and a movie
- Give yourself a facial
- Do your nails
- Journal your thoughts
- Get cosy and read a book
- Take Vitamins

SELF-CARE

- I don't procrastinate and put off tasks
- I keep my space clean and tidy
- I stay hydrated
- I eat a balanced diet
- I spend time with loved ones
- I get outdoors and do something fun
- I don't compare myself to others
- I regularly practice self-care and take time to rest.





*Feelings
Now?*

