Self Care

Use positive self-talk	Blow dry your hair	Arts and Crafts	Let yourself cry	Talk to a friend
Punch a punching bag	Get a new hair cut	Use a stress ball	Speed walk with a friend	Cooking
Take a time out	Try cologne or perfume	**FREE**	Volunteer	Dance
Organize your clothes/sneakers	Play cards	Think about happy memories	Pray or meditate	Take a shower
Make a theme collage	Listen to music	Read	Deep breathing	Sew or crochet

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Self Care

Punch a punching bag	Pray or meditate	Cooking	Try something new	Decorate your room
Talk to a friend	Organize your clothes/sneakers	Dance	Play cards	Use a stress ball
Volunteer	Blow dry your hair	**FREE**	Speed walk with a friend	Read
Sew or crochet	Play with a pet	Go outside	Let yourself cry	Start a hobby or project
Take a time out	Try a new hair color	Deep breathing	Take a shower	Get a new hair cut

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Self Care

Take a shower	Read	Sew or crochet	Blow dry your hair	Organize your clothes/sneakers
Arts and Crafts	Pray or meditate	Get a new hair cut	Use positive self-talk	Decorate your room
pace	Write in a journal	**FREE**	Go outside	Cooking
Talk to a friend	Speed walk with a friend	Jump rope	Volunteer	Punch a punching bag
Deep breathing	Take a time out	Play cards	Let yourself cry	Dance

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