

Self Care

Talk to a friend	Cooking a meal as a family	Listen to music	Spend time with my mom	Pray or meditate
Go outside	Take a time out	Spend quality time with myself for a day	Deep breathing	Spend time with brother
Take a bath	Watch a sunset/sunrise	FREE	Exercise	Organize one room
Pamper myself	Start a hobby or project	Play with kids	Muscle relaxation	Read
Look through old pictures	Express Creativity-Coloring Book	Spend time in nature	Write in a journal	Let yourself cry

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Listen to music	Write in a journal	Pray or meditate	Express Creativity-Coloring Book	Spend time with brother
Pamper myself	Exercise	FREE	Organize one room	Cooking a meal as a family
Muscle relaxation	Spend time in nature	Talk to a friend	Let yourself cry	Start a hobby or project
Play with kids	Read	Take a bath	Take a time out	Look through old pictures

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Express Creativity-Coloring Book	Spend time in nature	Deep breathing	Read	Exercise
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Take a bath	Let yourself cry	FREE	Start a hobby or project	Muscle relaxation
Watch a sunset/sunrise	Spend time with brother	Spend time with my mom	Write in a journal	Listen to music
Organize one room	Cooking a meal as a family	Spend quality time with myself for a day	Go outside	Look through old pictures