

SELF CARE

Wear clothing that makes you feel good	Cooking	Let yourself cry	Treat Yourself to something special	Read
Go on a Trip	Use positive self-talk	Take a long bath	Dance	Talk to a friend
Use a stress ball	Work out	(Free Space)	Deep breathing	Play cards
Play with a pet	Try something new	Pray or meditate	Muscle relaxation	Start a hobby or project
Listen to music	Excerise	Take a time out	Write in a journal	Go outside

SELF CARE

Work out	Dance	Treat Yourself to something special	Go on a Trip	Take a long bath
Let yourself cry	Write in a journal	Read	Excerise	Talk to a friend
Play with a pet	Deep breathing	(Free Space)	Play cards	Cooking
Muscle relaxation	Take a time out	Wear clothing that makes you feel good	Go outside	Try something new
Pray or meditate	Start a hobby or project	Use a stress ball	Use positive self-talk	Listen to music

SELF CARE

Excerise	Take a time out	Dance	Start a hobby or project	Deep breathing
Wear clothing that makes you feel good	Play with a pet	Pray or meditate	Use positive self-talk	Read
Use a stress ball	Go outside	(Free Space)	Try something new	Muscle relaxation
Work out	Talk to a friend	Treat Yourself to something special	Write in a journal	Let yourself cry
Play cards	Cooking	Take a long bath	Go on a Trip	Listen to music