

SELF CARE MENU

SECONDS

- Take a break while walking around the car after putting the kids in their car seats
- Turn your phone off
- Moment of silence
- Congratulate yourself on doing something small
- Savor the moment when something good happens
- Wear your favorite perfume



MINUTES

- Burn a candle
- Have a cup of tea or coffee
- Take 10 deep breaths
- Quick meditation or prayer
- Put music on (and dance?)
- Stretch
- Call someone you love



- Conversation with a friend
- Give a compliment
- Write a thank you note
- Buy some flowers
- Go outside!
- Create relaxing morning routine
- Do something creative
- Go for a walk
- Mini pamper session: sheet masks
- Bubble bath/hot shower
- Unplug from technology for an hour
- Social media break
- Make your favorite meal
- Order out dinner
- Try a new, healthy recipe
- Write down 5 things you are thankful for
- Heat up buckwheat neck pillow in microwave



HOURS

- Declutter a space/clean
- Watch your favorite movie again
- Read a good book
- Take a nap
- Get a massage
- Yoga
- Date night (in or out) with partner or friends
- Have an intense workout session

LONGER

- Try a new hobby or restart an old one
- Try something new!
- Therapy
- Mindfulness, meditation

