

SELF-CARE HELP KIT

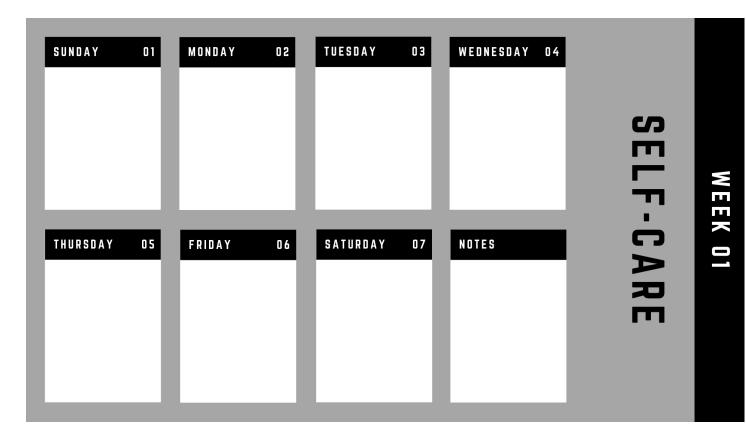
INCLUDES A LIST OF 38 SELF-CARE TIPS, CALENDAR, & 2 EXPRESSIVE PROMPTS

WWW.THEONLYSEQOUIAB.COM

38 WAYS TO PRACTICE SELF-CARE:

- 1. Take a long bath or shower
- 2. Burn your favorite candle
- 3. Have a small pamper day (by yourself)
- 4. Go for a run or walk
- 5. Create a vision board for yourself
- 6. Treat yourself to a movie date
- 7. Have a deep intense work out
- 8. Relax and listen to soothing music
- Read a book
- 10. Stretch out (A good stretch)
- 11. Organize your closet, bedroom, or office
- 12. Do something creative
- 13. Write down a long list of things you love
- 14. Read a interesting book
- 15. Do Meditation
- 16. Go to a massage spa
- 17. Have a game night with pizza, and a few drinks if you drink
- 18. Buy yourself something nice
- 19. Cook your favorite dish
- 20. Give yourself a manicure and pedicure
- 21. Turn off your phone and just go a little without picking it up
- 22. Take a long nap
- 23. Cuddle with your pet or your bae
- 24. Go to a museum
- 25. Go have lunch with a close friend and have some laughs
- 26. Write 5 things you are grateful for
- 27. Give someone a compliment
- 28. Find a good movie to watch
- 29. Get up and make a really good breakfast, like go way out as if you are the cook at a restaurant
- 30. Go out side, get a chair, or get a blanket and watch the sunset
- 31. Go to your favorite coffee place and have some good ole coffee
- 32. Take things more slow
- 33. Treat yourself with your favorite desert
- 34. Do something for the first. It can be real simple like trying out a new restaurant, or going out to a bar alone
- 35. Go to the zoo
- 36. Go to the museum
- 37. Go to the aquarium
- 38. Go through your clothes in play dress up

SELF-CARE CALENDAR



"Everyday you can make a difference, take care of you first"

EXPRESSIVE EXERCISES:

WHY DO I FEEL SELF-CARE IS IMPORTANT?

WWW.THEONLYSEQOUIAB.COM

EXPRESSIVE EXERCISES:

2019 PROMISES TO MYSELF