



# SELF-CARE HELP KIT

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

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## 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**
9. **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

SUNDAY 01	MONDAY 02	TUESDAY 03	WEDNESDAY 04
THURSDAY 05	FRIDAY 06	SATURDAY 07	NOTES

**SELF-CARE**

**WEEK 01**

*“Everyday you can make a difference, take care of you first”*

# **EXPRESSIVE EXERCISES:**

**WHY DO I FEEL SELF-CARE IS IMPORTANT?**

# **EXPRESSIVE EXERCISES:**

**2019 PROMISES TO MYSELF**