



SIMPLY CUT OUT THE SQUARES POP THEM IN A JAR AND THEN PICK OUT 2 OR 3 EACH DAY TO TAKE CARE OF YOURSELF

Go for a walk	Have a relaxing bath	Potter in the garden or go sit in a park for a while	Read a book	Bake a cake
Look thorough your photographs	Try a mindfulness exercise from youtube	Put on your favourite song and dance	Do some exercise outside	Do some exercise inside
Spend time with your pet if you have one, or look at some animal videos	Give yourself some 'aromatherapy' light a scented candle, diffuse some oil or use scented bath oil or body lotion	Pamper yourself with a facial or manicure or pedicure	Journal – either about feelings or things you are grateful for – writing is a powerful tool	Spend some time looking at picture of nature
Watch a movie or start a new boxset	Listen to some music by an artist you don't know or try a new genre blues classical country folk etc	Connect with a friend, zoom skype whatsapp phone call	Do something creative – colouring, drawing	Laugh – share a joke with someone or watch a funny video
Do nothing! Spend a few minutes meditating or watching the sky or trees or simply enjoy breathing	Cook yourself a really healthy but enjoyable meal or snack	Enjoy a luxury version of a favourite drink – whipped cream on coffee a new tea or even make a cocktail or mocktail	Learn something new – listen to a TED talk or podcast	Do a few stretches or lie with your legs against a wall