

IDEAS FOR

Self Care

listen or watch

do or play

self care doubling ideas

I D E A S T A R T E R S

Enjoy any of these self care ideas

READ A BOOK
OR
MAGAZINE

PUT ON A
FACE MASK

COLOR IN A
COLORING
BOOK OR APP

LISTEN
TO
MUSIC

PAINT YOUR
NAILS

DO A
WORDSEARCH
OR WORD
PUZZLE

WATCH
TV

MAKE A
HEALTHY
SNACK

GO ON A
WALK

WATCH A
MOVIE

DO A
PUZZLE

LIGHT A
CANDLE

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thank you!
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