

SELF-CARE PRACTICES TO

Soothe the Soul

01

DRINK A
CUP OF
TEA

02

MAKE A
HOMEMADE
FACE
MASK

03

TAKE A
WARM
BATH

04

MEDITATE
OR PRAY

05

INVEST IN
THE
PRESENT
MOMENT

06

DO
SOMETHING
KIND FOR A
STRANGER

07

CONNECT
WITH
SOMEONE
YOU
LOVE

08

THINK OF A
FAVORITE
MEMORY

09

HAVE A
PICNIC

10

READ
SOMETHING
INSPIRING

11

START A
GRATITUDE
JOURNAL

12

GO FOR A
WALK

13

DANCE,
SING, OR
DRAW

14

PRACTICE
YOGA,
PILATES,
OR TAI
CHI

15

MAKE
YOUR
FAVORITE
MEAL

16

LISTEN
TO
SOOTHING
SOUNDS

17

LIGHT A
CANDLE

18

TAKE A
BREAK
FROM
YOUR
GADGETS

19

CURL UP
WITH A
GOOD
BOOK

20

TREAT
YOURSELF