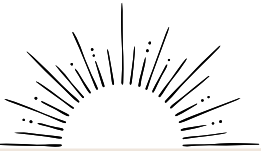


Self Care Menu

Pick one thing each week — or each day — that helps you feel cared for.



Low Energy

Sip a warm herbal tea in silence

Enjoy an funny adult coloring book

Watch the sunset wrapped in your favorite blanket

Do gentle box breathing exercises (4x4x4)

Listen to calming music or nature sounds

Take a 20 minute nap without guilt

Ask a loved one for a gentle massage

Soak in an epsom salt bubble bath

Read a guilty pleasure book



Medium Energy

Take a slow walk in nature, listening to the sounds

Foam roll sore muscles

Call or text a supportive friend to catch up

Do some gentle stretching or restorative yoga

Practice gratitude journaling in a beautiful notebook

Say no to an overwhelming task that is unnecessary

Work in your garden or water your house plants

Create and enjoy a beautiful fruit platter

Give yourself a mani/pedicure

Take yourself on a date (coffee shop, picnic, or museum)



High Energy

Go for a light hike or outdoor adventure

Cook a new anti-inflammatory recipe

Declutter a favorite space in your home

Dance around your living room to your favorite playlist

Plan a day trip to somewhere that inspires you

Do something kind for someone else

Make a vision board

Try a new workout (go for a run, try weight lifting, or a group class)