

SELF-CARE STRATEGIES

1

Close your eyes & just breathe for 2 minutes

2

Make an upbeat playlist

3

Get a good night's sleep

4

Make a list of 8 things that you love

5

Download a mindfulness or relaxation app

6

Take a walk outside

7

Call or text with a friend

8

Write down 5 things that help you de-stress

9

Declutter 10 things from your room

10

Play a game with someone

11

Dance it out!

12

Watch something that makes you laugh

13

Spend time with a loved one

14

Print out pictures from your phone that make you happy

15

Write down 5 things that you are grateful for

16

Do a random act of kindness for someone

17

Find a motivational video or quote

18

Write down 3 things you want to accomplish today

19

Exercise for 20 minutes

20

Sing along to your favorite song

21

Color, paint, draw, bake - just do something creative

22

Spend time with a pet

23

Read a favorite book from when you were little

24

Make a healthy snack

25

Facetime or video chat with someone you care about

26

Focus on what you can control

27

Watch a comfort show or movie

28

Stay off social media for the day

29

Write down something that you are proud of

30

Ask for help if you need it