

THE ULTIMATE GUIDE TO SELF-CARE

for the mind

- Take 15 minutes to meditate.
- De-clutter a space.
- Start a compliments jar.
- Purge your social media accounts.
- Listen to your favorite song(s).
- Have a bite of something sweet.
- Do something creative.
- Fix a small annoyance at home.
- Bake something delicious.
- Purge your closet and donate your clothes.
- Watch your favorite movie.
- Organize your closet.
- Read a new book.
- Make a homemade meal.
- Listen to your favorite podcast.
- Drink some tea or coffee.
- Buy yourself flowers.
- Try a new recipe.
- Rearrange a room in your home.
- Organize your computer files.

for the body

- Practice deep breathing.
- Run or walk for 30 minutes.
- Dance like a kid again.
- Stretch it out for 20 minutes.
- Make a healthy food choice.
- Put on your favorite outfit.
- Be still.
- Get 15 minutes of sun.
- Light your favorite candle.
- Find a reason to laugh.
- Nap when needed.
- Join a class or learn a new skill.
- Cuddle with a soft blanket.

for the soul

- Help someone.
- Write out your thoughts.
- Go on a date with yourself.
- Listen to your emotions.
- Spend time with a loved one.
- Play with an animal.
- Splurge on something you want.
- Indulge in a hobby.
- Hug someone.
- Have a stay-cation.
- Treat yourself to a home spa.
- Make a lunch date with a close friend.
- Plan a mini-getaway.
- Spend time alone in nature.
- Write yourself a love note.
- Create a gratitude list.
- Create a collage of your dream home.
- Create a pin-map of all the places you want to visit.
- Create a bucket list.
- Cry if you need to.
- Visit a library or bookstore.
- Look at old photos or videos.
- Read poetry.
- Make a list of short-term and long-term goals.
- Admire yourself in the mirror.

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George Philip Krapp



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A Physician's Complete Guide to Medical Self-care Timothy Rumsey,Orlo Otteson,1981

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