

# Self Care Ideas



- Soak in a tub
- Dine outdoors
- Be in nature
- Go for a swim
- Try a new recipe
- Sit in silence
- Digital Detox
- Take a yoga class
- Buy a plant
- Dance
- Play music
- Watch a movie
- Clean out your closet

# Self Care Ideas



- Go cycling
- Pet an animal
- Weekend Getaway
- Create a vision board
- Go kayaking
- Have a picnic
- Plant flowers
- Take a nap
- Visit a museum
- Play a board game
- Write a letter
- Call a friend
- DIY Project



# more self care ideas



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