

## *t h i s i s*, SELF CARE

**PHYSICAL** *drink water. stretch. go for a run. swim. get a massage. try out a new workout class. wear comfy clothes. get a manicure and pedicure. have a spa night. make a healthy meal plan. dance. go for a walk. take a long bath or shower. get some sun. wash your face. take some time for deep breathing. get a facial. go for a bike ride. hug someone. dry brush your skin. moisturize. cuddle with a fur baby. indulge in a gourmet treat.*

**SOUL** *free-write. see a therapist. pray. do yoga. talk to your family and friends. listen to feel-good music. meditate. create a gratitude list. curl up with a good book. watch a movie you love. simplify your daily routine. listen to a motivational podcast. tell someone you love them. have a night out or in with friends. write out positive affirmations. visualize your day. visualize your life. write a letter to yourself. smile. help others. have your favorite drink in your favorite mug. make a craft. go to a bookstore. watch a TED talk. create a journal or*

*album of your favorite memories. eliminate negativity. give someone a compliment. make a playlist. sing. declutter or organize something. write a list of things you love about yourself. watch the sunrise or sunset.*

**MIND** *wake up earlier. say yes. tidy up. do a puzzle. sketch. try a new hobby. take photographs. sign up for a class. brain dump. make the bed. garden. set a daily intention. meditate. try a new recipe. create a vision board. write a bucket list. learn a new language. find a mentor or mentor someone. volunteer. work in a new setting. cook a signature meal. keep a list of things to try. explore your city. travel. study the arts. make a DIY craft. have a digital detox. make your bed. clean out your bag.*

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*words by eoedits*

*one of a kind*