

# SELF-CARE ROUTINE IDEAS

## PHYSICAL

Go for a walk/run  
Youtube exercise video  
Yoga  
Go to the gym  
Rest if you have been  
working out too much

## MENTAL

Call a friend  
Read a self-help book  
Do something creative

## FOOD

Eat healthy (food that  
makes you feel good)  
Have some treats  
Have your favourite tea or  
juice

## GRATITUDE

Write a list of:  
Everything you are  
grateful for  
What you are excited  
about  
What you like about  
yourself

## FUN

Watch nostalgic movies  
Take yourself out for coffee  
Go to a museum  
Play games  
Read a blog

## PERSONAL CARE

Have a pamper session  
Do a face mask  
Have a long bath/shower  
Put on your favourite or  
most comfortable outfit  
Treat yourself to  
something new.