

Taking Care of You

Find inspiration for taking care of you using the ideas below.

- DRINK A CUP OF TEA
- CUDDLE WITH YOUR PET
- APPRECIATE LOVED ONES
- STRETCH
- MEDITATE
- EXERCISE
- GARDEN
- SAY A PRAYER
- LAUGH
- TAKE A LONG BATH
- GET A MASSAGE
- WATCH A MOVIE
- READ A BOOK
- COOK YOUR FAVORITE MEAL
- HAVE DESSERT
- DISCONNECT FROM TECHNOLOGY
- ENJOY THE OUTDOORS
- MAKE A CRAFT
- TAKE A NAP
- PLAN A PICNIC
- PRACTICE FORGIVENESS
- PRACTICE GRATITUDE
- ENJOY A BREAK
- DO AN ACT OF KINDNESS
- LISTEN TO MUSIC
- JOIN A SOCIAL GROUP
- DO YOUR FAVORITE HOBBY
- LOOK INTO AN AQUARIUM
- LOOK AT A PHOTO ALBUM
- GO STARGAZING
- DANCE
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