

SELF-CARE IDEAS

MORNING ROUTINES

10-MINUTES OF
REFLECTION

QUIET TIME WITH COFFEE

MEDITATION

EXERCISE

LISTENING TO MUSIC
WHILE YOU'RE GETTING
READY FOR THE DAY

VIDEO CHAT WITH A
FRIEND

LUNCH BREAK IDEAS

GET OUTSIDE FOR FRESH
AIR

VIDEO CHAT WITH A
FRIEND AND SHARE THE
POSITIVE MOMENTS FROM
YOUR MORNING

READ FOR FUN

REFLECT ON 10 POSITIVE
THINGS THAT HAPPENED

EXERCISE/ EAT A
HEALTHY MEAL

OTHER ACTIVITIES TO PROMOTE SELF CARE

PRACTICE BREATHING EXERCISES

COMMUNICATE WITH THOSE CLOSE TO YOU, SEEK ADVICE
OR HELP WHEN NEEDED

JOURNAL DAILY

GO FOR A WALK

COUNT BACKWARDS

ADAPTED FROM PORTABLE PRACTICES FOR PROMOTING SELF CARE, UNDERSTOOD.ORG