

Self Care Ticklist

1. WALK AT LEAST 5000 STEPS
2. LISTEN TO A HAPPY SONG
3. HAVE A BATH OR SHOWER
4. READ A BOOK/ WATCH TV
5. DO SOMETHING CREATIVE OR PRODUCTIVE
6. HAVE A DRINK (WATER; JUICE; BREW)
7. WRITE DOWN FEELINGS
8. MEDITATE/ YOGA/ EXERCISE
9. TALK TO SOMEONE
10. CUDDLE SOMETHING OR SOMEONE
11. COME OFF SOCIAL MEDIA
12. DECLUTTER OR CLEAN SOMETHING
13. FIND POSITIVE QUOTES ONLINE

