

# Self-Care Ideas

Self-care does not have to be fancy or time consuming. It can be a simple, five to ten minute morning and evening routine. It can be a Saturday afternoon of walking, listening to a podcast, or writing in your journal.

We all have busy schedules and to-do lists that never seem to end but there are simple self-care activities that you can start to implement into your daily routines.

I encourage you to implement one of these per week and take note of which ones speak the most to you. Once you know which ones help you, establish your own self-care routine that is easy to stick to.

Self-Care Ideas	Love it	Not so much
Meditating		
Journaling		
Reading		
Coloring or drawing		
Walking		
Hiking/getting out in nature		
Moving my body		
Drinking more water		
Connecting with others		
Listening to podcasts		
Goal setting		
Prioritizing weekly to do's		
Cooking		
Saying "no" so I can put myself first		