



SELF-CARE

EVEN ON BAD DAYS

**Take a bath or
shower**

**Listen to
calming music**

**Clean up
your space**

**Spend time
outdoors**

**Workout or
do gentle
stretching**

**Enjoy a warm
beverage/food**

**Treat yourself
to a favorite
snack**

**Stay away
from Social
Media for an
hour**

**Reach out to a
supportive
friend**