

SELF-CARE

A

*5 minutes of
deep
breathing*



B

*Keeping your
phone aside
for 30
minutes*

C

*Take a walk
around your
room/houses*



D

*Check in on
a friend*



E

*Wear a piece
of your
favourite
clothing*



F

*Indulge in
some painting
or mindful art*



G

*Check in with
a family
member*



H

*Go to the
balcony/window
& bring your
attention to the
visual & auditory
stimulus from
outside*

I

*Listen to
calming music*

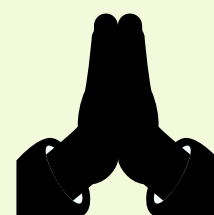


J

*Take a step
back and and
get in touch
with how
your body is
feeling*

K

*Make a list of
things you're
thankful for
today*



L

*Get up from
the chair or
bed & gently
stretch for 10
minutes*

M

Journal your thoughts



N

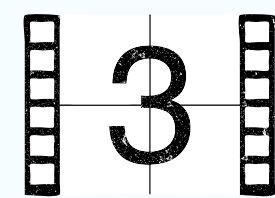
Read a few pages of the book you've been putting off forever

O

Make yourself a cup of your favourite warm beverage

P

Watch your favourite movie



Q

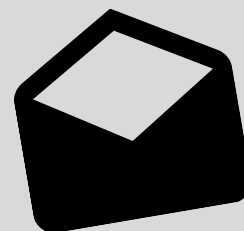
Make a DIY face mask and lie down for 20 minutes

R

Practice a certain movement (Dance, Yoga, Walking, etc.)

S

Write a letter to your future self



T

Help out with the household chores



U

Cook a meal with the ingredients you have at home

V

Unfollow the pages that make you feel guilty or bad about yourself

W

Have coffee with a friend over video call



X

Shut all the screens and close your eyes for 10 minutes

Y

Practice Decluttering



Z

Have a meal without any distractions.