

SELF-CARE

types



SELF-CARE

ideas

Under 5 min



Under 15 min



Under 30 min



An Hour Or More



SELF-CARE

ideas

Under 5 min



bullet journal



stretch



breathing exercise



set daily intentions



set daily goals



cup of coffee



have a snack

Under 15 min



call a friend



practice mindfulness



do a guided meditation



notice your inner dialogue



have a laugh



self-reflection



sit in the sun

Under 30 min



listen to a podcast



watch TED talks



exercise



cook a delicious meal



enjoy a hot bath



plan a fun weekend



lunch with a friend

An Hour Or More



digital detox



read a book



watch Netflix



get creative



night routine



go for a walk



solo date

SELF-CARE

daily plan



morning



afternoon



evening

SELF-CARE

daily plan



morning

- **wake up early**
- **bullet journal**
- **morning workout**
- **cup of coffee/tea**
- **set dailt intentions**



afternoon

- **lunch with a friend**
- **coffee with a coworker**
- **listen to a podcast**
- **tell someone you appreciate them**
- **go for a walk**



evening

- **gratitude journal**
- **reading**
- **tomorrow's to-do list**
- **self-reflection**
- **relaxing bath**
- **bedtime snack**

ADDRESS 8 DIMENSIONS OF Wellness

physical



emotional



spiritual



social



financial



professional



environmental



personal



WELLNESS CHALLENGE

ideas

physical



- stretching
- walking
- workout
- nutritious meal
- hydrating drink

emotional



- bullet journal
- breathing exercise
- contact with nature
- challenge negative thinking
- positive self-talk

spiritual



- meditation
- mindfulness music
- set daily intentions
- digital detox
- gratitude journal

social



- talk to a friend
- quality family time
- practice assertiveness skills
- set personal boundaries
- get rid of toxic people

financial



- set a budget
- create a shopping list
- track your expenses
- set financial goals
- become a mindful consumer

professional



- set professional goals
- work smarter not harder
- boost your productivity levels
- eliminate distractions
- create work-life balance

environmental



- reduce the use of plastic
- buy natural cosmetics
- DIY natural beauty products
- learn about low waste
- segregate your garbage

personal



- read more
- hobby
- quality "me time"
- learn new skills
- start a side project

WELLNESS CHALLENGE

ideas

Under 5 min



Under 15 min



Under 30 min



An Hour Or More

