

10 SELF-CARE IDEAS

1. Go outside for a daily walk

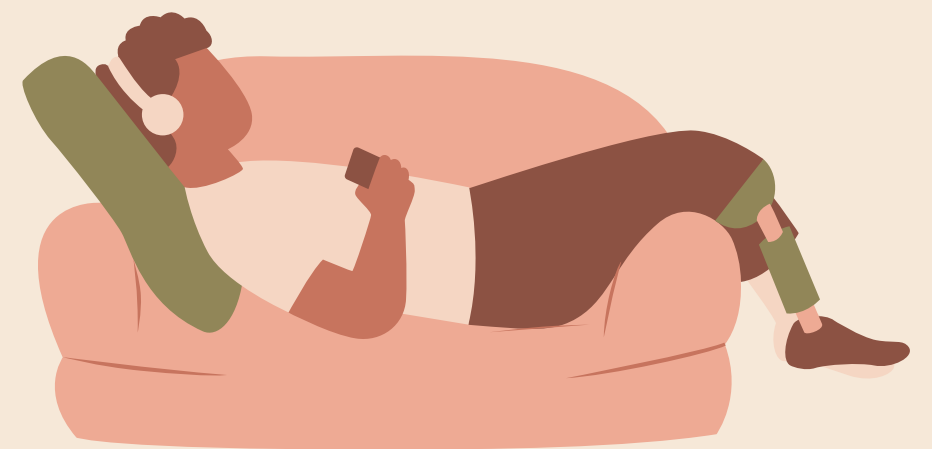


2. Find a hobby and get creative

3. Catch up with a friend or loved one



4. Take a relaxing bath or shower



5. Listen to a podcast



6. Watch your favourite movie or show



7. Try take a quick nap or get a good night's sleep

8. Read a good book



10. Try meditating or yoga



9. Cook a healthy meal

