

Menu of Self-Care Activities

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Bio: For My Body

- Take a Walk
- Do some yoga
- Go for a hike
- Take a long shower or bath
- Get your nails done
- Drink lots of Water
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Psycho: For My Mind

- Mindfulness
- Talk to a friend or loved one
- Get some counseling
- Read for pleasure
- Get creative
- Spend time alone
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Social: Let's Get Social

- Go to a group fitness class
- Join a book club
- Go to a concert
- Cook a meal with a friend
- Have a game night
- Join a knitting club
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Spiritual: For my Spirit

- Volunteer
- Go to a religious service
- Get out in nature
- Gratitude practice
- Listen to music
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