7 Days of Self Care

Ideas for you to try when you're feeling stuck.

1 Reflect on a cherished memory you have not thought about for a while.

Try a new creative endeavor with nature. Try drawing, painting, or taking a picture of something out in nature. 2

3 Create a folder in your phone's photo album with pictures that make you smile. Take time to notice how you feel.

Remind yourself that you are worthy and valuable all day - even if you don't feel lit it. 4

5 Make a list of 10 things that are good today. Don't stop until you've identified at least 10.

Take a 20 minute walk outside and listen to nature. If you're not able to do that, listen to some nature sounds. 6

7 Rest and make a list of three ways you can care for yourself next week.

Toward Wellness LLC

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