

Self Care...

TO DO 6

Take a Break
from your Phone

📱 TIS-12 🎧

Listen to Music
and dance if you want

🎁🌟 TIS-12 🎧

Relax
meditate to Ryan Gosling

🗨️ TIS-12 🎧

Journal
about your feelings

💎😊 TIS-12 🎧

Wash Your Face
make yourself shine

😊 TIS-12 🎧

Go for a Walk
smell the flowers

🎁 TIS-12 🎧

IN PROGRESS 5

Take a Nap
ZZZZZZZ.....

🗨️ TIS-12 🎧

Write a love letter
to Yourself

😊 TIS-12 🎧

Read a Book
not related to work

🎁 TIS-12 🎧

Let down your hair
you look great

😊 TIS-12 🎧

Cut up veggies
put them on your eyes

🎁 TIS-12 🎧

DONE 7

Change your outfit
put on comfy clothes

🌟👗 TIS-12 🎧

Paint your Nails
a happy color

🎁💎 TIS-12 🎧

Breathe
inhale, exhale, & repeat

🗨️😊 TIS-12 🎧

Pour a Glass
of water

🌟 TIS-12 🎧

Do Some Yoga
add extra Child's Pose

💎😊 TIS-12 🎧

Get Cozy
wrap yourself in a blanket

😊 TIS-12 🎧

Look at old Photos
smile at the memories

💎 TIS-12 🎧

Make Yourself a Priority