

• SELF CARE IDEAS •

It can sometimes be difficult to think of ideas, particularly at times of stress. Below are a range of different ideas of self-care activities, some of which you may already do or some may need reconnecting with.



Go for a walk



Take a bath or a shower



Read a book, blog or a magazine



Enjoy a favourite hot drink



Make a nice meal



Listen to music, a book or a podcast



Do an activity: Draw, paint or colour



Spend time in the garden



Play a board game



Practice good sleep hygiene



Chat with friends and family



Drink plenty of water