

SELF-CARE

A

5 minutes of deep breathing



B

Keeping your phone aside for 30 minutes

C

Take a walk around your room/houses



D

Check in on a friend



E

Wear a piece of your favourite clothing



F

Indulge in some painting or mindful art



G

Check in with a family member



H

Go to the balcony/window & bring your attention to the visual & auditory stimulus from outside

I

Listen to calming music



J

Take a step back and get in touch with how your body is feeling

K

Make a list of things you're thankful for today



L

Get up from the chair or bed & gently stretch for 10 minutes

M

Journal your thoughts



N

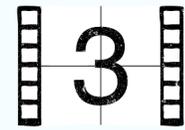
Read a few pages of the book you've been putting off forever

O

Make yourself a cup of your favourite warm beverage

P

Watch your favourite movie



Q

Make a DIY face mask and lie down for 20 minutes

R

Practice a certain movement (Dance, Yoga, Walking, etc.)

S

Write a letter to your future self



T

Help out with the household chores



U

Cook a meal with the ingredients you have at home

V

Unfollow the pages that make you feel guilty or bad about yourself

W

Have coffee with a friend over video call



X

Shut all the screens and close your eyes for 10 minutes

Y

Practice Decluttering



Z

Have a meal without any distractions.