

# Self Care Ideas



LIGHT YOUR  
FAVORITE CANDLE



OBSERVE  
SOMETHING IN  
NATURE



GIVE YOURSELF  
A MANI/PEDI



DO A PUZZLE



MAKE YOURSELF A  
HEALTHY MEAL



DO YOGA



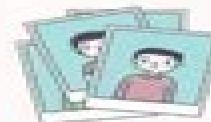
GET YOURSELF  
FRESH FLOWERS



PET A CAT  
OR DOG



START PLANNING YOUR  
NEXT VACATION



REMINISCE ON  
OLD PHOTOS



DRINK A GLASS  
OF WATER



DO A FACE  
MASK



JOURNAL



DRAW, DOODLE,  
OR PAINT



NAP



MAKE  
YOURSELF A  
FANCY DRINK



WATCH YOUR FAVORITE  
SHOW/MOVIE



SING/DANCE

# Best Self Care Routine Update

**Xiaolong Qi**

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