

# SELF CARE IDEAS

LITTLE OR NO EXPENSE TRICKS  
TO HAVE A MOMENT FOR  
YOURSELF EVERY DAY



## FOOD HAPPINESS

- cook yourself a delicious meal
- allow yourself a dessert after dinner
- have a hot cup of tea
- start your morning with smoothie



## RELAXATION

- practice meditation
- practice yoga
- burn aroma candle
- have a bubble bath



## SPA DAY

- do face mask
- do hair mask
- get manicure / pedicure
- do a full body scrub



## CREATIVITY

- doodle
- create a Bullet Journal spread
- do some adult coloring
- practice your hobby



## COMPANIONSHIP

- call a loved one
- have a coffee date
- write a letter
- tell a friend he/she matters

# How To Self Care Routine Best

**Mary Beth Braun, Stephanie J.  
Simonson**



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