

5 MINUTE SELF-CARE



- take a walk
- stretch or do ^{AK} yoga poses
- pet an animal
- write in a journal
- search #inspirational quotes
- read a chapter in a book
- read a magazine
- pray or meditate
- do neck rolls & shoulder shrugs
- take a photo of something you love
- listen to a song or playlist
- balance on one foot



5 MINUTE SELF-CARE

- watch birds or fish
- wash & moisturize^{AK} your face
- drink coffee, tea, or water
- water plants
- listen to a podcast
- listen to a book on Audible
- clean out a drawer or closet
- clean off your workspace
- buy a plant
- buy some flowers
- browse for new recipes
- rearrange an area

5 MINUTE SELF-CARE



- light a scented candle
- give someone^{AK} a hug
- watch funny videos
- make dinner plans
- write a letter or card to someone
- text or call someone
- read an inspirational book
- list 5 things that are going well
- try hand lettering
- try knitting or crochet
- walk around your school or office
- declutter your desktop



5 MINUTE SELF-CARE

- take a bath or shower
- find or make a playlist on Spotify
- do some squats or lunges
- try a new workout
- search hashtags on Instagram
- floss & brush your teeth
- put on comfy pants
- give yourself a foot massage
- diffuse essential oils
- relax in corpse pose
- do a brain dump
- eat some good chocolate

5 MINUTE SELF-CARE



watch a sunrise or sunset

read a devotional^{AK}

ADD YOUR FAVORITES HERE: