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SELF-CARE TIPS *when* STAYING SAFE AT HOME

TREAT YOURSELF

SOAK YOUR FEET • APPLY A FACIAL MASK
DO A SALT OR SUGAR SCRUB • TAKE A BATH
PUT ON YOUR FAVORITE PRODUCTS • CATCH UP WITH YOUR BEST FRIEND
PAINT YOUR NAILS • ADD FLOWERS TO YOUR GROCERY DELIVERY ORDER
BAKE SOMETHING • ADD CITRUS TO YOUR WATER

TAKE A MENTAL BREAK

TURN OFF YOUR PHONE • WRAP UP IN A BLANKET
DO NOTHING WHILE YOU HAVE YOUR MORNING COFFEE • MEDITATE
BREATHE DEEPLY • TAKE A NAP • LISTEN TO MUSIC
READ A MAGAZINE • WATCH A CLASSIC MOVIE • PLAY WITH YOUR DOG
TAKE UP ART AS A HOBBY • ENJOY A CUP OF HOT TEA • JOURNAL
SHUT DOWN ELECTRONICS • READ A BOOK • GO TO BED EARLY

GET OUT FOR A BIT

TAKE A DRIVE WITH THE WINDOWS DOWN • GO FOR A WALK
SIT IN THE SUN • LISTEN TO THE BIRDS • MAKE CHALK DESIGNS
WAVE TO YOUR NEIGHBORS • WORK IN THE YARD • RIDE YOUR BIKE



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