SELF-CARE

# What brings you Joy?

Take a few minutes to brainstorm what brings you joy. Think about what things you have enjoyed in the past even if you haven't done it in a while.

Take a few minutes to consider some of the below self-care ideas. If you had to choose circle the one that is most appealing to you.

Journaling or Daily gratitude list

Afternoon nap or Early bedtime

Time with family or Time with friends

Lunch with a friend or Lunch by myself

Budget or Cash envelopes

Stroll outside or Walk on treadmill

Warm blankets or Soft socks

Comedy or Funny videos

Deep breathing or Prayer

Break from work or Social media break

*Do any of these ideas need to be added to your list ?*

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