

SELF CARE SKILLS TO FEEL BETTER QUICKLY



5
MINS

- Do a breathing exercise. Take a breath in for 5 seconds, hold for 5 seconds, exhale for 5 seconds, repeat.
- Drink water.
- Sing or dance to a song.
- Check your posture, change positions and stretch. Start with your legs, now your back, move your arms, and roll your neck.
- Grab a fruit or veggie snack.

10
MINS

- Organize 1 room in your home or one area within your room.
- Call a friend or family member to catch up with them.
- Complete a workout or yoga video on Youtube.
- Take a quick shower.
- Color, draw or write about your thoughts.



15
MINS

- Take a power nap.
- Take a photography or animal sighting themed walk.
- Read a topic that is investment in you long term.
- Play with your pet.
- Write a I'm proud of you letter to yourself.
- Create a vision board on pinterest.



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