

A-Z OF *Self Care*

Aromatherapy

Baking

Clean

Daydream

Exercise

Friends

Gratitude

Hydrate

Invest in yourself

Joke

Know yourself

Life admin

Motivation

Nostalgia

Open

Plan

Quiet

Read

Sleep

Therapy

Unplug

Visit

Work towards a goal

X-Factor

Yes

Zone Out

x

x

x

x

x

x

x

x

x

x

x

x

x

x

x

x

x

x