=30 MIN = self-care

I NEED ...



RELAXATION



EXPRESSION



COMPANIONSHIP



- LISTEN TO MUSIC
- TAKE A TIMEOUT
- BATH / SHOWER
- TAKE A NAP
- WATCH FAVE MOVIE
- READ BOOK! MAGAZINE

- FREE WRITE
- DRAW / PAINT
- GARDENING
- SING / DANCE
- OTHER HOBBIES
- CALL FRIEND WRITE LETTER
- MEET FOR COFFEE



HEALTH/ SPIRITUALITY

- MAKE A HEALTHY SNACK PRACTICE YOGA
- GO FOR WALK / RUN
- MEDITATE / PRAY
- AFFIRMATIONS.

