

# Taking Care of You

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Find inspiration for taking care of you using the ideas below.

- Drink a cup of tea
- Cuddle with your pet
- Appreciate loved ones
- Stretch
- Meditate
- Exercise
- Garden
- Say a prayer
- Laugh
- Take a long bath
- Get a massage
- Watch a movie
- Read a book
- Cook your favorite meal
- Have dessert
- Disconnect from technology
- Enjoy the outdoors
- Make a craft
- Take a nap
- Plan a picnic
- Practice forgiveness
- Practice gratefulness
- Enjoy a break
- Do an act of kindness
- Listen to music
- Join a social group
- Do your favorite hobby
- Look into an aquarium
- Look at a photo album
- Go stargazing
- Dance
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