

# Self Care Menu



**Self Care is important for all of us.**

Choose a menu item from each of the three sections below that you will do TODAY to ensure you're taking the very best care of YOU. Use this menu each day, change things up, try new things - and ensure your physical, mental and emotional wellbeing are a priority.

## Physical Wellbeing

- Exercise
- Eat healthy food
- Drink lots of water
- Stretch
- Sleep
- Go for a walk
- Hug or climb a tree
- Jump on a trampoline
- Dance
- Play with a pet
- Be in nature
- Make a cubby
- Design an obstacle course
- Care for a pot plant
- Hug someone
- Have a pamper day
- Do gardening
- Complete a home fitness circuit

## Mental Wellbeing

- Schedule some technology-free time
- Learn something
- Practice gratitude
- Go outside
- Declutter/rearrange your bedroom
- Read something inspiring
- Write positive affirmations
- Create - draw/cook/make/build
- Set a goal
- Do some mindful mandala colouring
- Complete a puzzle
- Meditate

## Emotional Wellbeing

- Take 5 deep breaths
- Play a board game
- Write in your diary or journal
- Tell someone a joke
- Listen to music
- Create a collage or mood board of your favourite things
- Connect with a friend or family member
- Re-read your favourite book
- Help someone
- Donate/volunteer
- Star-gaze or cloud-gaze
- Write a bucket list
- Use positive self talk

**Today's Date:**

Menu Selection

Physical:

Mental:

Emotional:

