

simple self-care ideas

1. Put your legs up the wall for 5 minutes
2. Write down one thing you're grateful for
3. Do a pickup order at Target (saves time, and they bring it to your car)
4. Paint your own nails
5. Take a walk around the block or exercise
6. Check-in on a friend
7. Floss your teeth
8. Eat a protein-rich, hot breakfast
9. Do a 10-minute facial/exfoliant in the
10. Do a self-massage
11. Clean out your purse/work bag
12. Get rid of old makeup
13. Listen to a calming playlist
14. Drink an energy-boosting beverage that's not coffee
15. Watch a motivational YouTube video
16. Read an interesting article
17. Use a hot face towel to do a quick pore cleanse
18. Enjoy something you like for an hour (coloring, reading, crafting, etc.)
19. Drink a full glass of water
20. Take your multivitamin
21. Make up a silly story with the kids
22. Say a few positive affirmations out loud
23. Do a 10-minute clean in one room
24. Turn off your phone for one hour
25. Create a daily schedule and try to stick to it
26. Journal
27. Declutter
28. Remember you are not alone in feeling this way
29. Learn something new
30. Open windows and blinds
31. Watch your favorite movie or TV show
32. Call/facetime a friend
33. Clean out your fridge or pantry
34. Lastly catching up on sleep.