

5-Minute Self-Care Ideas:

Print out the list, post it somewhere you can see, and commit to doing one bite-sized act of self-care each day!

REMINDER TO SELF: “Your self-care should meet you right where you are and point you in the direction of where you hope to be.”

1. Sit outside and feel the breeze
2. Listen to a song that makes you happy
3. Put your phone in another room and unplug for 5 minutes
4. Stretch wherever you are
5. Write down 3 things you're grateful for
6. Do a 5-minute mandala
7. Listen to a relaxing song
8. Give yourself a face massage
9. Go on a walk around the block
10. Write yourself a note of encouragement
11. Turn off notifications on your phone
12. Go into your inbox and unsubscribe from 5 emails that no longer serve you
13. Text a friend and let them know you're thinking of them
14. Give yourself a hand massage
15. Fill a post-it note with doodles
16. Enjoy a healthy snack
17. Drink a glass of water
18. Reach out to a friend for a coffee/lunch date
19. Call someone who lifts your spirits
20. Write out a quote that inspires you and post it somewhere
21. Write 3 notes of encouragement and hide them throughout your day
22. Write a note, letter, or postcard to someone you appreciate
23. Do a body scan
24. Write down 3 things you're proud of today
25. Watch a funny video
26. _____
27. _____
28. _____
29. _____
30. _____

Snap a photo of your list and tag @theLOVESUM #LoveSumSelfCare on Instagram!