

# 31 Days of Self Care

- Eat a serving of vegetables
- Take a bubble bath
- Sleep for 8 hours
- Limit screen time
- Listen to a podcast
- Read a magazine
- Do something for you
- Walk around the block
- Eat a piece of fruit
- Try a yoga video
- Stretch
- Take a walk after dinner
- Call a friend
- Eat mindfully
- Drink a glass of water
- Say 'Thank You'
- Don't weigh yourself
- Listen to your favorite music
- Take a few deep breaths
- Set a mini goal
- Dance break
- Clean out your purse
- Give yourself some grace
- Spend time with family
- Compliment someone
- Play a game
- Sing your favorite song
- Make time for you
- Tell someone you love them
- Give a hug
- Tidy up a small space/drawer

## NOTES