

ERINS SELF-CARE

ideas

Under 5 min



Breathing Exercise



Set Daily Goals



Have a Cup of Tea/Water



Have a Moment Alone



Say Affirmations



Practice Gratitude



Quick Journal Prompt

Under 15 min



Call Someone



Practice Mindfulness



Guided Meditation



Self-Reflection



Go for a Walk



Play a Game



Sit in Silence

Under 30 min



Listen to a Podcast



Go for a Walk



Enjoy a Hot Shower



Have a Meal with a Friend



Enjoy the Sun



Read



Crafts

An Hour Or More



Go to the Gym



Watch a Movie



Go Hiking



Cook or Bake



Digital Detox



Hang out with friends or Family



Go out (pedicure, hair, shopping)