

# Self-Care Ideas

# November 2021

Mon

Tue

Wed

Thu

Fri

Sat

Sun

<p>1</p>  <p>Wear something that you love</p>	<p>2</p>  <p>Take some time out from using technology</p>	<p>3</p>  <p>Stretch exercises</p>	<p>4</p>  <p>Start your day with 10 deep breaths</p>	<p>5</p>  <p>Talk to a friend</p>	<p>6</p>  <p>Watch your favourite movie</p>	<p>7</p>  <p>Spend time in nature</p>
<p>8</p>  <p>Read</p>	<p>9</p>  <p>Eat some fruit</p>	<p>10</p>  <p>Write down how you are feeling today</p>	<p>11</p>  <p>Go to bed early tonight</p>	<p>12</p>  <p>Spend time on personal care</p>	<p>13</p>  <p>Have your favourite food</p>	<p>14</p>  <p>Sit outside in the garden</p>
<p>15</p>  <p>Do 10 minutes meditation or relaxation</p>	<p>16</p>  <p>Enjoy your favourite drink</p>	<p>17</p>  <p>Start a conversation</p>	<p>18</p>  <p>Sing or dance to your favourite song</p>	<p>19</p>  <p>Do some exercise</p>	<p>20</p>  <p>Organise your bedroom or quiet space</p>	<p>21</p>  <p>Spend time with friends and family</p>
<p>22</p>  <p>Aim for 8 hours sleep tonight</p>	<p>23</p>  <p>Call or face-time a friend or family member</p>	<p>24</p>  <p>Eat some vegetables</p>	<p>25</p>  <p>Get creative</p>	<p>26</p>  <p>Make a list of things you're thankful for</p>	<p>27</p>  <p>Treat yourself to something nice with your pocket money</p>	<p>28</p>  <p>Draw a picture</p>
<p>29</p>  <p>Be kind to yourself</p>	<p>30</p>  <p>Listen to an audio book or podcast</p>					