

# 23

## Of My Favorite

# Self-Care Activities

## That Take Less Than 15 Minutes

- |  |  |   |  |
|--|--|---|--|
| 1<br>Meditation (my fave:<br>smile meditation)                       | 2<br>Loving self-talk in the<br>mirror           | 3<br>Journaling   | 4<br>Affirmations  |
| 5<br>Visualization   | 6<br>Essential oils (topical<br>and/or diffused) | 7<br>Listen to uplifting music<br>(a few of my faves: Happy,<br>Roar, Shake it Off) | 8<br>At-home exercise (yoga,<br>pilates, Simply Fit Board)                 |
| 9<br>Hot bath (with bubbles<br>or essential oils)                    | 10<br>Polish my nails and/or<br>toes             | 11<br>List my<br>appreciations/gratitudes   | 12<br>Play with and cuddle my<br>pet                                       |
| 13<br>Spend time in nature<br>(walk in the woods,<br>garden, etc)    | 14<br>Watch a funny YouTube<br>video             | 15<br>Call a friend for a chat  | 16<br>Color in a coloring book   |
| 17<br>Give and get hugs  | 18<br>Dance to my favorite<br>dance music        | 19<br>Relax outside and absorb<br>the Vitamin D from the<br>sun                     | 20<br>Pray - let go of control<br>and let my higher power<br>handle things |
| 21<br>Go online shopping and<br>treat myself to<br>something special | 22<br>Take a nap                                 | 23<br>Deep relaxing breathing<br>into my diaphragm                                  |  |

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