

THE Self-Care MENU

Appetisers [5-MINUTE PICK-ME-UPS]

- Breathe in for 4, hold for 7, exhale for 8. Repeat x3.
- Drink a big glass of water (bonus: add a lemon slice).
- Text a friend you adore just to say hi.
- Close your eyes and listen to your favourite song.
- Stretch your arms above your head and roll your shoulders.

Main Courses [DEEPER NOURISHMENT]

- Journal about three things you're grateful for today.
- Take a 20-minute walk in nature (or just around the block).
- Brew a fancy cup of tea or coffee and sip it slowly.
- Read a chapter of a book.
- Declutter a small space (a drawer, desk, or bag).

Desserts [JUST FOR YOU TREATS]

- Take a long, luxurious bath with candles, salts, or bubbles.
- Watch an episode of a comfort show (no multitasking!).
- Buy yourself fresh flowers or a little treat.
- Do a face mask and pretend you're at a spa.
- Spend 30 minutes on a hobby you love.

Specialty Combos POWER MOVES FOR TOUGH DAYS

When You're Stressed

Take a tech break, light a calming candle, and do a body scan meditation.

When You're Overwhelmed

Write down everything on your mind, then pick one thing to tackle.

When You're Feeling Meh

Get some fresh air, dance to a fun song, and call someone who makes you laugh.