

SELF-CARE TO-DO LIST

Taking care of yourself is the kindest thing you can do



Read a book.
(I suggest
Anne of Green
Gables)



Reconnect
with someone
you **ADORE**.



Journal or
write about
your feelings

Rest

- Nap
- sleep early
- Take a break



Get creative.
paint, draw,
use your talent.

Do something
that physically
makes you feel
good.

- ♥ Ask yourself:
♥ What do
♥ I need?

Get outside.
Soak in sun,
rain, & wind



Drink your
water!!!

pet or cuddle
a furry thing



Get back
into your
hobbies!
(puzzles are
SO relaxing!)



plan a movie night
or binge watch
something on
netflix

Have a cup of
tea or cocoa.
(bonus points if
it's with a book!)



**Some ideas
to take care of yourself
in November!**