



A WEEK OF SELF-CARE/WELLNESS ACTIVITIES

1. Write down three good things about your day.
2. Laugh out loud. Watch a funny movie, listen to a fun podcast, or call a friend and share a laugh!
3. Try a ten-minute refresh. This can be anything - a walk, a nap, sitting with your eyes closed...just take 10 minutes for YOU!
4. Choose a positive affirmation. Write it down and post it everywhere!
5. Listen to your favorite music. You can even dance if you want to!

Days 6 and 7: Repeat activities from the list.