




SELF-CARE MENU


 take a few deep breaths **5 MINS**

 stretch your body **5 MINS**

 listen to your favourite song **5 MINS**

 meditate on your purpose **15 MINS**

 read a chapter of a book **15 MINS**

 journal out your thoughts **15 MINS**

 take a walk outside **30 MINS**

 get crafty **30 MINS**

 cook a new recipe **30 MINS**