

5 Minute Self-Care Ideas

Inspiration for when you need it. Do any of these for 5 minutes.

<u>IDEA</u>	<u>DONE</u>	<u>IDEA</u>	<u>DONE</u>
Deep Breathing	<input type="checkbox"/>	Text a Friend	<input type="checkbox"/>
Quick Stretch	<input type="checkbox"/>	Take a Quick Shower	<input type="checkbox"/>
Yoga Pose	<input type="checkbox"/>	Make a Gratitude List	<input type="checkbox"/>
Go Outside	<input type="checkbox"/>	Share Good News	<input type="checkbox"/>
Meditate	<input type="checkbox"/>	Put on Sunscreen	<input type="checkbox"/>
Visualize Happy Place	<input type="checkbox"/>	Call a Family Member	<input type="checkbox"/>
Drink Herbal Tea	<input type="checkbox"/>	Take a Quick Walk	<input type="checkbox"/>
Drink Water with Lemon	<input type="checkbox"/>	Love on Your Pet	<input type="checkbox"/>
Face Mask	<input type="checkbox"/>	Eat a Healthy Snack	<input type="checkbox"/>
Massage Your Temples	<input type="checkbox"/>	Write a Love Note	<input type="checkbox"/>
Listen to Favorite Song	<input type="checkbox"/>	Smell the Flowers	<input type="checkbox"/>
Use Essential Oils	<input type="checkbox"/>	Read a Book	<input type="checkbox"/>
Light a Candle	<input type="checkbox"/>	Look at Photos	<input type="checkbox"/>
Put down your Phone	<input type="checkbox"/>	Send a Positive Email	<input type="checkbox"/>
Get off Social Media	<input type="checkbox"/>	Dream of Next Vacation	<input type="checkbox"/>
Say Positive Affirmations	<input type="checkbox"/>	Close Your Eyes	<input type="checkbox"/>
Write in Your Journal	<input type="checkbox"/>	Window Shop	<input type="checkbox"/>