

MAKING SELF-CARE A REGULAR PRACTICE

What are some self-care activities or practices you did in the past few months that brought you joy?
Was there anything that made you feel more “like yourself?” List those items below.

Next, consider how you might make them a regular part of your routine.

ACTIVITY	HOW COULD YOU MAKE THIS ACTIVITY A PART OF YOUR ROUTINE?	IS THERE ANYONE YOU COULD INVITE TO JOIN YOU?