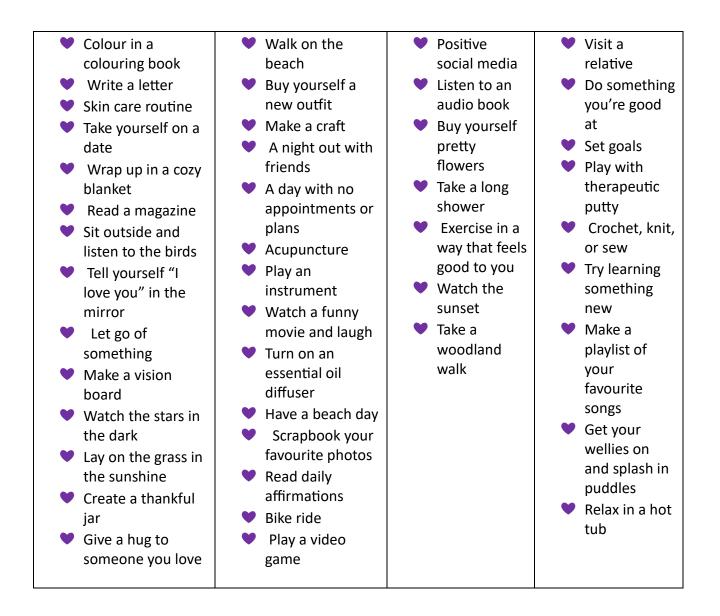


## **SELF-CARE IDEAS**

- Watch the clouds Healthy Slowly drink a cup of tea or boundaries Read a chapter coffee Eat a healthy of your current favourite book 💙 Use a snack jet/pressure Get a Experience washer manicure/pedicure something new in your city Go for a drive Go for a walk Complete a Clean in a way Style your hair you can enjoy jigsaw puzzle Invite a friend over 💙 Put a deep Yoga for coffee conditioner Treat yourself to a Sing a song you on your hair love massage 💙 Burn incense Dance! Buy yourself Indulge in a something new Listen to a binge-watch podcast Take a bubble bath of a TV show Medical and Make jewellery Cross-stitch health Write in a appointments V Order gratitude journal Positive self talk delivery and Home décor take a break A glass of wine Use a facial mask from cooking Your favourite Put on your Listen to chocolate/treat makeup music Go to the gym 💙 Cry it out 🔍 Hire a Volunteer Therapy cleaner to Write in a journal Phone a friend help with the V Join a class or Learn a new housework course hobby Take a jog Go get coffee Start a blog through a with a friend Get a new haircut park Bake your Gardening Practice favourite Watch a TV show mindful cookies/cupcakes you enjoy breathing Movie night Paint a picture Burn a candle V
  - nature sounds 💙 Learn something new 💙 Read inspirational quotes Declutter 💙 Turn off your phone Meditate V Go swimming 💙 Play a board game Cuddle with a pet Prayer Rest or get some much needed sleep Tell someone a joke to make them laugh Do something nice for someone else Learn to say no Draw

Listen to



Informed in part by Thrasher, Kristen. Parenting the SPD Child : Strategies for Helping Your Child With Sensory Processing Disorder (p. 26). Thrasher Publishing House. Kindle Edition.