



Living in the present

A-Z of ideas for self care

- A** Create some beautiful or colourful **art**
- B** Lose yourself in a **book**
- C** **Cook** yourself something special
- D** Take some deep **breaths**
- E** Have an **early** night
- F** Get some **fresh** air, sit and listen to the birds
- G** Write down five things everyday you are **grateful** for
- H** Look back at photos that makes you **happy**
- I** Set yourself **intentions** for the day ahead
- J** Keep a **journal** of positive reminders
- K** **Know** your boundaries and exercise them
- L** **Listen** to your favourite songs
- M** **Meditate**
- N** Have a **nap**
- O** Keep in touch with friends **online**
- P** **Play** a board game with friends online
- Q** **Quiet** time
- R** Find a **routine** to your day
- S** Watch the **sunset**, feel the warmth on your face
- T** **Try** something new
- U** **Unplug** - switch off the screens
- V** **Video** call family and friends
- W** Go for a **walk**
- X** Give yourself **eXtra** TLC
- Y** Do some **yoga**
- Z** **Zzzzzz** have a PJ day

#lockdownselfcare
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