

A self-care to do list

Make a list of movies you want to watch

Water your plants

Get some fresh air and go for a walk in an open space

Have a bubble bath

Read a book

Video call a friend or family member

Baking or cooking

Watch a TV series

Put the kettle on a have a cup of tea

Try some yoga or meditation

Jigsaw puzzles

De-clutter/spring clean

Gardening

Spend time with pets

Follow some positive pages/people on social media



