



Winter Months

~ Dr. Deborah Serani

SELF CARE TIPS

SUN	MON	TUE	WED	THU	FRI	SAT
Light a candle	Take a long bath	Enjoy a hot cocoa	Take a walk in the snow	Peppermint lotion your feet	Read a book	Relax to Theta music
Bake bread	Eat dinner by candlelight	Go to bed early	Play a board game	Apply a soothing face mask	Listen to beach soundscapes	Burn incense
Order in comfort foods	Listen to an audiobook	Unplug from all electronics	Bundle up and count the stars	Take a long, fizzy shower	Bake some treats	Nap on laundry right out of the dryer
Do pajama stretches	Thumb through old photos	Moisturize your skin	Rest in a pool of sunlight	Stay hydrated with water	Diffuse essential oils	Get out some crayons and a coloring book

Self-Care During COVID-19

 Recognize & validate grief	 Practice mindfulness & focus on the moment	 Separate out what you can & can't control	 Connect with Nature	 Take breaks from the news
 Notice & manage your worried thoughts	 Connect with others	 Practice gratitude & pay attention to moments of joy	 Find a balance between routine and flexibility	 Take care of your body & stay physically active

Self Care Ideas

...For Busy People

	Get up from your desk	Play with a pet	Block time for productivity
Call a friend		Stretch for 10 minutes	Turn your phone off
Journal for 5 minutes	Light a candle		Organize your desk
Eat mindfully	Moisturize your skin	Listen to meditative music	
Sit down for your coffee	Buy a plant for your desk	Be kind to yourself	Look up funny memes

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PRACTICAL WAYS TO PRACTICE

Self-Care

MIND



1. WRITE YOURSELF A LOVE LETTER
2. MAKE A GRATITUDE LIST
3. RE-READ YOUR FAVORITE BOOK
4. LEARN A NEW SKILL
5. LISTEN TO A POSITIVE PLAYLIST

BODY



6. TAKE A HOT BUBBLE BATH
7. COOK A HEALTHY MEAL
8. TAKE A WALK IN NATURE
9. GET A MANI/PEDI
10. GO TO A SPA FOR A MASSAGE

SOUL



11. MEDITATE
12. JOIN A YOGA CLASS
13. READ YOUR BIBLE
14. JOURNAL YOUR DAILY THOUGHTS
15. SPEAK POSITIVE AFFIRMATIONS

SELF CARE

Checklist

- Read a book
- Plan a Fun Day
- Cook Your Favorite Meal
- Light a Candle
- Listen to Music
- Take a nap
- Listen to a Podcast
- Listen to an Audiobook
- Watch a Favorite Movie
- Take a Break from Social Media
- Eat a Healthy Meal
- Go Shopping
- Accomplish a Goal
- Spend Time Outdoors
- Try Something New
- Call Your Favorite Person
- Create a Vision Board
- Take a Bubble Bath
- Go out with Friends
- Compliment a Stranger
- Learn something New
- Meditate
- Buy Yourself Flowers
- Be Kind to Someone
- Write Yourself a Love Letter
- Garden
- Go for a Ride
- Go for a Hike
- Go to the Beach
- Drink a Smoothie
- Plan a Trip
- Go to a new City
- De-Clutter your Home
- Organize Your Room
- Re-decorate
- Write something
- Drink Some Tea
- Take a long Shower
- Buy a new Lotion
- Do what feels GOOD!