

Here are examples of self-care activities to do during this lockdown period

Happy Self-Care !

Self-care Heart

Personal massage with essential oil or fragranced moisturizing lotion
>10min Face; neck; hands; feet

Smell something good – sensory experience

Write down and Paste a positive affirmation in a visible place

Clear-out some space -
Throw out something you don't use anymore

Relaxation therapy /
Guided meditation

Mindful stretching
& breathing

Nurture nature –
garden; plant; water;
prune; pick

Create a
doodle / scribble

Prepare a nutritious
colourful meal

Dress up for a
candle lit dinner
at home

Self- Manicure

Self- pedicure

Face mask

Facial
grooming

Sing your favourite song

Savour your
favourite
snack

Colour in the layer of the heart once you have completed the activity

Feel free to add your own layers as well

