

Honoring Your Multifaceted Self

For Relaxation

- Take a bubble bath
- Guided meditation
- Commune with nature
- Deep breathing
- Color
- Watch a movie



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For Health

- Schedule doctor appointments
- Go for a walk or run
- Spend time in the sun
- Make a healthy snack
- Take a nap
- Drink water
- Plan meals for the week
- Create a daily mantra
- Set your daily intention



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For Expression

- Do some journaling
- Try a new hairstyle
- Dance party of one
- Listen to music
- Draw
- Paint
- Karaoke party of one
- Start a craft



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For Rejuvenation

- Give away old clothes
- Sweat it out
- Do a face mask
- Take a shower
- Get some fresh air
- Declutter your space

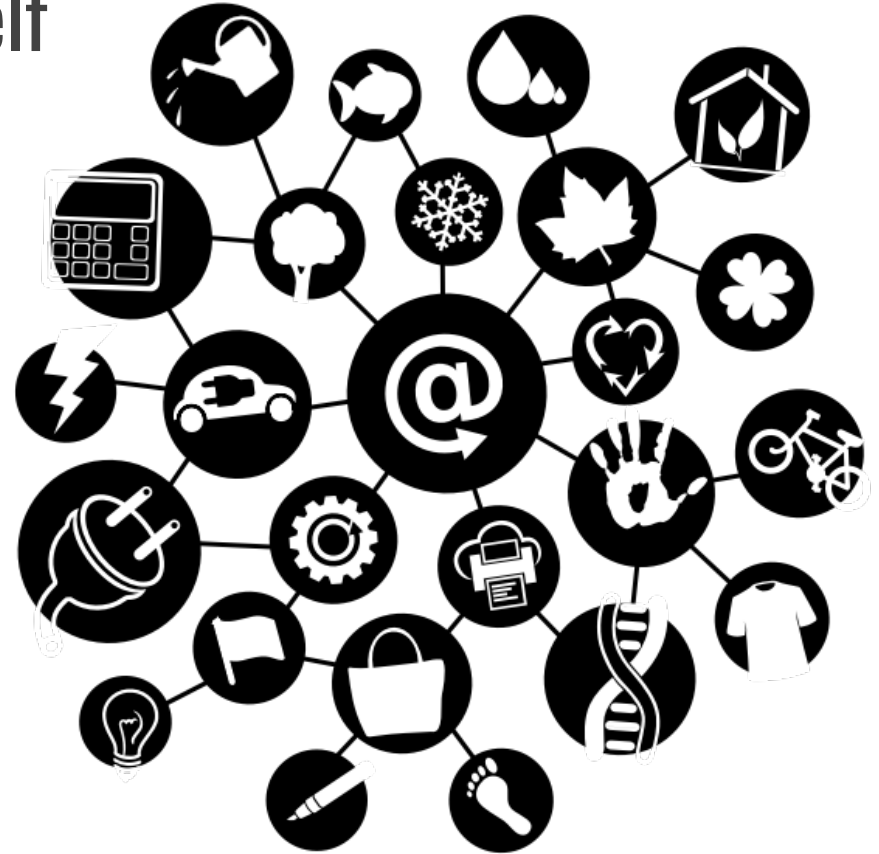


Davis, M. (2021). *The self-care planner*. Simple Self.

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For Connection

- Call a friend
- Write a letter
- Meet a friend for coffee
- Play with a pet
- Compliment a stranger
- Join a new class
- Call a family member
- Spend a day volunteering



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For Comfort

- Bake cookies
- Wear soft, comfortable clothes
- Look at old photos
- Make your comfort food
- Burn a scented candle
- Watch a nostalgic movie
- Drink an herbal tea
- Wrap up in a warm blanket
- Listen to the rain

