

# Practicing Self-Care Today

I really need to hoover out my car, I've been putting it off for ages!



Meet your needs.  
Do one thing you've been putting off.

Focus on talking to yourself in a kind and supportive way.



I'm going to take the day as it comes!

I am going to make my favourite meal for dinner tonight!

Write down three things you love about yourself or your life.

For me, I would say :

1. I love the people that are in my life; my family and friends.
2. I love my job!
3. I love that I am a kind and caring person.

I have to :  
Go the weekly food shop, visit my grandparents through the window and catch up on Grand Designs.



Make a list of ways you can be nice to yourself today.



Make a plan for your week. Focus on self-care, mental health or being productive.



Do something that makes you feel calm & relaxed.

I am going to make a flask of tea and take my dog out a big walk!