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

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

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

Practicing Self-Care Today

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

Meet your needs.

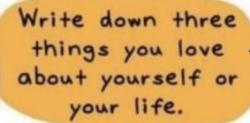
Do one thing
you've been

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

LOVE

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

putting off.







Do something that makes you feel calm & relaxed.

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