



self care Sunday



Journal about how you
feel and what's going on
in your life



Create something! And
get your imagination
flowing



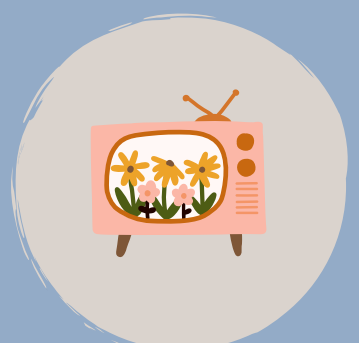
Cook your favourite meal
and take the time to enjoy
it



Tidy up to create a clean
and calming environment
for yourself



Plan the week ahead and
schedule in time for the
things you love



Watch some TV that
makes you laugh or feel
good

**Suggestions can be swapped for any activity that makes you feel good*