

Self-Care Ideas



cooking a meal



mindfulness



gardening



sleep hygiene



reading a book



crafts & hobbies

To care for others,
we must also care
for ourselves



playing or
listening to music



physical activity



social engagement
or family time

My Ideas

A large, empty rectangular box with a black border. At the top right corner, there is a yellow lightbulb icon with a purple base. The text "My Ideas" is written in a simple font above the box, connected to the lightbulb by a thin line.