










# SELF-CARE MENU

-  take a few deep breaths ..... **5 MINS**
-  stretch your body ..... **5 MINS**
-  listen to your favourite song ..... **5 MINS**
  
-  meditate on your purpose ..... **15 MINS**
-  read a chapter of a book ..... **15 MINS**
-  journal out your thoughts ..... **15 MINS**
  
-  take a walk outside ..... **30 MINS**
-  get crafty ..... **30 MINS**
-  cook a new recipe ..... **30 MINS**

@thefabstory