

SELF-CARE ALPHABET

A

aromatherapy



B

buy flowers



C

create



D

declutter



E

exercise

F

finish something



G

get some sun



H

hydrate



I

indulge a little



J

journal



K

knitting



L

light a candle



N

nourish yourself



O

organise



P

pamper yourself



R

read a book



T

take a bath

W

work-life balance



S

Speak to old friends



Z

zzz



Q

quiet time



V

volunteer



X

xoxo



Y

yoga



U

unplug