

# Self-Care Menu

Simple and Quick Ways to Refresh and Revitalize Daily

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*"You deserve rest and care."*

## Quick Picks (5 10 minute self-care)

- Take 5 deep breaths
- Drink water or tea
- Step outside for fresh air
- Stretch your body
- Listen to a favorite song
- Close your eyes and rest
- Other: \_\_\_\_\_



## Mind Care



- Journaling thoughts
- Practicing mindfulness
- Reading something calming
- Limiting screen time
- Positive self-talk
- Other: \_\_\_\_\_

## Body Care

- Go for a walk
- Stretch or do yoga
- Exercise or move your body
- Get enough rest
- Eat nourishing food
- Other: \_\_\_\_\_



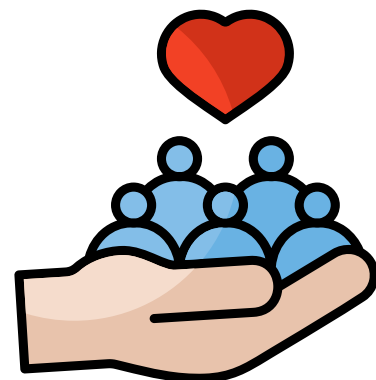
## Emotional Care



- Talk to someone I trust
- Allow myself to feel emotions
- Write out my feelings
- Practice self-compassion
- Do something comforting
- Other: \_\_\_\_\_

## Social Care

- Spend time with friends
- Connect with family
- Ask for support
- Send a message to someone
- Be around people who feel safe
- Other: \_\_\_\_\_



## My Go-To Self-Care Plan

When I feel overwhelmed, I will:

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## Reflection

What self-care activities help me the most?

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What do I want to do more often?

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*"Taking care of myself is not a luxury—it's a necessity."*