

Self-Care in 15 minutes or less!

30 self-care activities you can do in 15 minutes or less!

Physical Activities	Relaxing Activities	Pamper Yourself	Reading and Writing
<ul style="list-style-type: none"> <input type="checkbox"/> Drink water- make sure you get plenty of water every day. <input type="checkbox"/> Take the stairs as much as possible. <input type="checkbox"/> Park as far away from the store as possible. <input type="checkbox"/> Organize your space. <input type="checkbox"/> Declutter one space each day for 30 days. <input type="checkbox"/> Enjoy a smoothie. <input type="checkbox"/> Show Kindness-practice smiling at people you encounter. Do one act of kindness for another person today. Buy them a cup of coffee, pay for someone's lunch, give a compliment or an encouraging word. <input type="checkbox"/> Water your plants. <input type="checkbox"/> Laugh Out Loud. 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink a warm cup of coffee or tea while sitting in nature. <input type="checkbox"/> Cuddle with your pet. <input type="checkbox"/> Get sunlight. <input type="checkbox"/> Do nothing. <input type="checkbox"/> Watch butterflies. <input type="checkbox"/> Draw, paint, or color in a coloring book. <input type="checkbox"/> Turn off all electronics including your phone and enjoy quiet. <input type="checkbox"/> Unfollow negative people on social media. 	<ul style="list-style-type: none"> <input type="checkbox"/> Start a new skin care regimen. <input type="checkbox"/> Value yourself without judgment. <input type="checkbox"/> Focus on your breathing for 15 minutes and imagine stress leaving your body with each exhale. <input type="checkbox"/> Play your favorite song. <input type="checkbox"/> Learn to say no. Just because you can does not mean you have to. <input type="checkbox"/> Dress nice. <input type="checkbox"/> Watch a funny video. <input type="checkbox"/> Arrange flowers around you. 	<ul style="list-style-type: none"> <input type="checkbox"/> Read an article on self-care. <input type="checkbox"/> Journal everything you did right that day. Time yourself for 15 minutes and think of as many things as you can, each day try to beat the previous. <input type="checkbox"/> Start a gratitude journal- write out what you are grateful for, make sure they are different each day. <input type="checkbox"/> Write a love letter to yourself.

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