



SELF-CARE IDEAS

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WHAT GROUNDS YOU? TRY ONE, THEN ANOTHER

1. Make your bath or shower better w/ aromatherapy
 2. #Treatyoself with permission to splurge
 3. Stay hydrated
 4. Be creative
 5. Plan a spa day
 6. Start an indulgent post-shower ritual
 7. Go outside
 8. Set screen time limits—for yourself
 9. Spend time reading
 10. Pet a dog or a cat
 11. Cuddle up with a loved one
 12. Listen to music
 13. De-clutter your social media accounts
 14. Bake something
 15. Get organized
 16. Write it out
 17. Try breathing exercises
 18. Laugh
 19. Get enough sleep
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