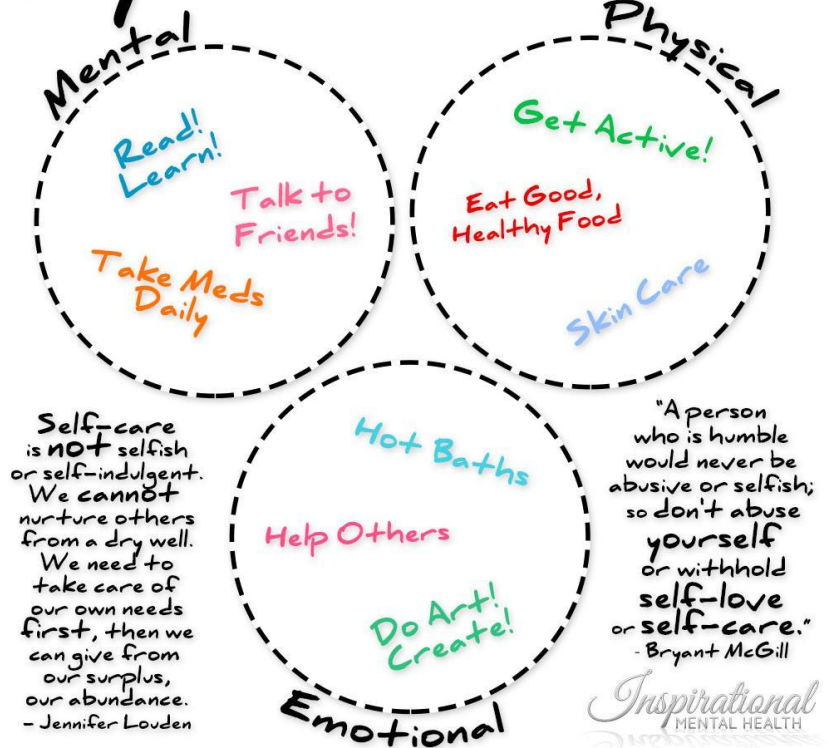


Self-care is not about
self-indulgence, it's
about self-preservation.

—Audrey Lorde

EmpowerLounge.com

My Self Care Plan



Ways to care for yourself –

- ✓ Walking, running, other exercise
- ✓ Going out to dinner with a loved one or friend
- ✓ Spending time with your children
- ✓ Spending time with your pets
- ✓ Watching a movie or TV
- ✓ Mowing the lawn, cleaning, finishing a project
- ✓ Making time for a hobby
- ✓ Going to the store and putting everything you like in your cart, then putting it all back
- ✓ Remember to eat and drink
- ✓ Get a good amount of sleep
- ✓ Limit exposure to social media – turn off push notifications

- ✓ Praying
- ✓ Spending time alone
- ✓ Quiet activities - gardening, reading, woodworking
- ✓ Playing video games
- ✓ Hugging your family and friends
- ✓ Do something artistic or creative
- ✓ Meditation
- ✓ Mindfulness
- ✓ Yoga