

# 11 ideas for boosting your self-care

BUILD MICRO SELF-CARE ACTS INTO EVERYDAY (MUNDANE) ACTIVITIES

FIND WAYS TO LOOP YOUR CHILD INTO THINGS YOU LOVE TO DO

TAP INTO THE POWER OF MUSIC TO SHIFT A MOOD

CHANGE UP ROUTINES IN PATTERNS WHERE YOU'RE IN A RUT

GO ON AN 'ARTIST DATE' WITH YOURSELF ONCE A WEEK

FIND 10 MINUTES EACH DAY TO EXERCISE, NO MATTER WHAT

LISTEN TO PODCASTS OR BOOKS THAT INFORM, INSPIRE, AND/OR FEED YOUR SOUL

READ SOMETHING FOR LEARNING OR PLEASURE FOR AT LEAST 10 MINUTES EVERY DAY

START SAYING 'NO' TO ACTIVITIES AND INVITATIONS THAT DON'T SPARK JOY

LET YOUR PARTNER KNOW WHAT YOU NEED FOR YOURSELF AND ASK FOR IT

COMMIT TO DOING ONE INTENTIONAL ACT OF SELF CARE EVERY SINGLE DAY

