# SELF-CARE & MINDFULNESS

WHAT DID YOU DO FOR YOURSELF TODAY?

Self care is a practice of taking steps to protect ones own wellbeing and happiness, particularly in times of distress.

It's essential to make time for yourself and look after your own wellbeing on a regular basis. You can do it in several ways, and we've listed some suggestions below to get you going. Add some of your own ideas to this page.
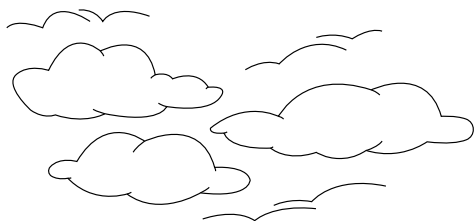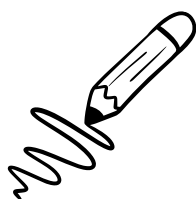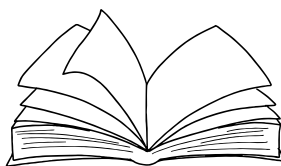
Watch the clouds

Exercise time
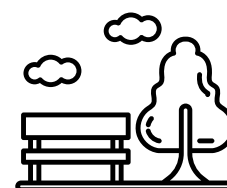
Meditate

Doodling or colouring

Read a book

Meet a friend

Listen to your favourite music

Digital detox

Connect with nature