

MAKE TIME FOR SELF-CARE

Ideas and inspiration



Physical

- Take a 15-minute nap
- Make a healthy meal
- Drink a glass of water



Financial

- Create a budget
- Make a wish list of things to save for



Intellectual & Emotional

- Read an article that challenges your opinions



Social

- Check in with a loved one
- Reach out to an old friend
- Honor a commitment to a peer/friend



Environmental

- Make your bed
- Open a window
- Tidy up your workspace



#ADPitsOK