

7 Days of **Self-Care** Ideas

Ordinary & Happy

SUN	8	Watch your favorite movie. Plan for a feel-good movie night at home. Create a comfortable space with dim lighting and blankets. Make some of your favorite movie night snacks (e.g., popcorn, chocolate, nachos). Put away your phone and enjoy watching a movie you love.	<input type="checkbox"/>
MON	9	Relax and reflect for 15 minutes in the evening. You can reflect on the day you had, things that went well, lessons learned, and things you're grateful for. You could also journal (using some of our journaling prompts for the evening or for self-care).	<input type="checkbox"/>
TUE	10	Try a lavender latte or another seasonal beverage. You could visit a coffee shop near you and try a seasonal beverage, or you could make one at home. If not a fan of lavender lattes, you could try other seasonal flavors instead for a latte or tea (e.g., rose, vanilla, or citrus).	<input type="checkbox"/>
WED	11	Find a new inspirational quote. Once you find a quote that speaks to you, you could write it in your journal or on a sticky note (and place it somewhere visible). If you really love the quote, you could also print and frame it.	<input type="checkbox"/>
THU	12	Have a cup of tea while relaxing. You could try tea like chamomile, mint, lavender, lemon balm, or jasmine. Find a comfortable spot and enjoy your tea without rushing. You could do this for an afternoon break or in the evening after work.	<input type="checkbox"/>
FRI	13	Have a bubble bath with spring scents (e.g., peony, lily, lemon). Create some ambiance with music and scented candles. Add a bath pillow and a bath tray. Try a hydrating face mask.	<input type="checkbox"/>
SAT	14	Try a new hairstyle or a fun accessory. You could go to the salon or just have some fun at home and try a new styling technique or accessories (e.g., clips, scarves, headbands). You could try to find some tutorials and take before-and-after photos.	<input type="checkbox"/>