



It's really important to create time for self-care, it helps to keep us healthy and in a good routine. There are lots of ways you can do self-care at home in order to follow government guidelines on COVID-19. Cut out the self-care cards below and pick one a day, or create your own!

Try a new recipe, you could even cook for the family!



Pamper time-
moisturise or
do yourself a
manicure/
pedicure



Connect to a friend/relative you've not spoken to for a while



Keep a journal of positive things that you have done



Listen to your favourite songs/make a playlist



Read a book or listen to an audio book/ podcast



Try a new hobby e.g crafts, exercise videos, learn a language

Have a long soak in a hot bubble bath



Go for a walk/jog/cycle, or do some activities in your garden

