

SELF-CARE CHECKLIST

IDEAS FOR YOUNG PEOPLE DURING COVID-19



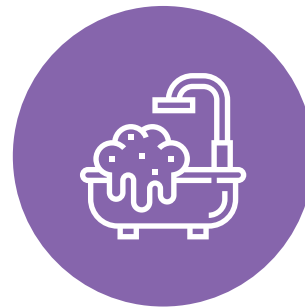
- Read a book
- Plan a fun day
- Cook your favourite meal
- Light a candle
- Listen to music
- Take a nap

- Listen to a podcast
- Listen to an audiobook
- Watch a favourite movie
- Eat a healthy meal
- Go shopping
- Accomplish a goal



- Spend time outdoors

- Try something new
- Call your favourite person
- Create a vision board



- Take a bubble bath
- Go out with friends
- Compliment a stranger



- Learn something new
- Meditate
- Yoga



- Buy yourself flowers



- Be kind to someone
- Write yourself a love letter
- Do some gardening
- Go for a ride
- Go for a hike



- Drink a smoothie

- Go to the beach
- Plan a trip
- Go to a new city



- De clutter your home
- Organise your room
- Re decorate
- Write something



- Drink some tea
- Take a long shower/bath



- Buy a new lotion



- Do what feels good

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