

Name: _____

Date: _____

SELF-CARE ACTIVITIES

B S U D O K U W Z C M H F R C I T L E A T U F Y
Y R O T S A E T I R W R F R E T T U L C E D B S
B U L L E T J O U R N A L W E V I G R O F O B S
F R F V R T N I A P T M I S O M Q S K N A K T E
E I V O M A H C T A W M A X X L M W O R C A I N
J Q S R C G U O G K F K S I A I A I D E K B L L
B O U N D A R I E S L G K I L F V G M D H E E U
V D U F T N O I T C E L F E R Q A I K I S N F F
K D I Y Y I V X X A W N O P V M T T R L F E M D
R I I D U D B J C Y E G R A E E S E A I W I W N
U W L Z E K A B G V H E H C M L T O A Y Y G X I
L I H T A B E L B B U B E E T T G M R M B Y D M
K T B I E G E I E T G T L W E V D D O Y B H O U
P O E A E N D T J N I U P L L H D S M K O P O S
X V L P J P A N I X D C A S Y Q B T A L H E F I
P R O L H T D N E E R D X D S R H Z T A W E Y J
R L U L I T E W H I N V R B D A E R H W E L H L
A A F D U D I C K E R A E K K B H K E E N S T B
Y B E K R N S W S I T F Q L Y K I G R R I W L M
F M U A G S T B Y I L S L P P O O I A U W R A G
C I G E J U O E O A R H A L G J V B P T L H E Q
Q V G L I A C N E E L G E Z A I A N Y A L N H J
O L O E S D O S Y R O P D K O C S C F N I E V P
X P V P T G N I S Y C R E A T E A R O U T I N E

CREATE A ROUTINE
SLEEP HYGIENE
HEALTHY FOOD
BOARD GAME
HYDRATION
SUDOKU
PRAY
JOG

SCHEDULE ME TIME
WATCH A MOVIE
BUBBLE BATH
BOUNDARIES
NEW HOBBY
GOALS
READ

BULLET JOURNAL
WRITE A STORY
CALL FRIEND
REFLECTION
VOLUNTEER
PAINT
SING

PLAY WITH PET
AROMATHERAPY
MINDFULNESS
DECLUTTER
MEDITATE
SMILE
YOGA

SEND A LETTER
ASK FOR HELP
NATURE WALK
GARDENING
FORGIVE
BAKE
DIY