

Winter Break Self-Care

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MENTAL

- 01 Guided Meditation for 5 Minutes
- 02 Deep Breathing for 5 Minutes
- 03 Brain Dump My To-Do List
- 04 Read an Affirmation & Say It Aloud
- 05 Journal for 5 Minutes Before Bed

PHYSICAL

- 06 Take a 15 Minute Walk
- 07 Do 15 Minutes of Yoga
- 08 Play My Favorite Sport for 30 Minutes
- 09 Eat 3 Healthy Meals in One Day
- 10 Stretch for 5 Minutes in the AM & PM

EMOTIONAL

- 01 Listen to an Inspirational Podcast
- 02 Listen to Soothing Music for 10 Minutes
- 03 List 5 Things I'm Grateful For
- 04 Talk Honestly with a Trusted Friend
- 05 Keep a Mood Log for a Week

SOCIAL

- 01 Have Lunch with a Family Member
- 02 Have a Game Night with Friends
- 03 Call a Friend to Reconnect
- 04 Give Support & Cheer on Social Media
- 05 Send a Postcard to a Loved One

ENVIRONMENTAL

- 01 Declutter My Work Space
- 02 Clean Out My Fridge & Pantry
- 03 Add a Cheerful Decoration to My Office
- 04 Attend a Fun Event
- 05 Create an Uplifting Music Playlist

POSITIVE
VIBES

www.evereducating.com