

# Your Week of Self-Care

Self-care is a gift you give to yourself.

Incorporate these activities into your week to enhance your well-being from now on!

## Sunday

**Exercise** Start your week with a brisk walk, yoga, or your favorite exercise routine. Boost your physical well-being.



## Monday

**Reading** Dive into a captivating book or article. Reading stimulates your mind and offers a mental escape.

## Tuesday

**Socialize** Connect with friends or family, whether in person, via video call, or a friendly chat. Nurture your social connections.



## Wednesday

**Relaxation** Treat yourself to a moment of relaxation. Try meditation, deep breathing, or a soothing bath.

## Thursday

**Learn Something New** Engage your mind by learning a new skill, language, or hobby. Challenge yourself and foster personal growth.



## Friday

**Creative Expression** Explore your creative side through art, writing, or any form of self-expression. Unleash your inner artist.

## Saturday

**Outdoor Adventure** Venture into nature for a hike, gardening, or a picnic. Enjoy the refreshing benefits of the outdoors.

