

# Self-Care for the Body, Mind, and Soul

## Ideas to Brainstorm:

Yoga  
Walking/ Hiking  
Bike Ride  
Basketball  
Soccer  
Football  
Dance  
Try a new recipe  
Read a fiction book  
Try a new devotional/ bible study  
Listen to music  
Watch a trusted news source  
Read the paper  
Take a bubble bath  
Try a new lotion  
Light candles  
Facetime a friend/relative  
Prayer  
Meditation  
Using a planner to structure working from home  
Taking a break from social media  
Art activity  
Writing  
Coloring      book

## More Ideas:

## Goal :

Today I will try to do \_\_\_\_\_ for my body,  
\_\_\_\_\_ for my mind and \_\_\_\_\_ for my soul.