

Soulemedy

SELF-CARE MENU

A guide to tend to your mind, body, and soul.
Even on the hard days.

When you only have 5 minutes

Mini resets for busy or overwhelmed days.

- Breathe deeply for 1 minute
- Drink a full glass of water
- Say one kind thing to yourself
- Stretch and go for a short walk
- Stand outside and feel the air
- Light a candle and do nothing for 5 minutes
- Listen to your favorite song
- Doodle or color something

When you have 1+ hour

Deeper self-care practices to nourish you.

- Create a cozy space
- Watch your favorite movie
- Take a nap
- Take yourself on a solo date
- Do a body scan
- Take a break from social media
- Reflect on your healing
- Use a reset journal

Body

- Take a nature walk
- Rest with a cozy blanket
- Stretch for 10 minutes
- Try yoga
- Drink herbal tea or water
- Dance to your favorite music

Mind

- Journal for reflection
- Read a chapter of a book
- Write down 5 things you're grateful for
- Do guided meditation
- Limit social media use

Soul

- Watch the sunrise or sunset
- Declutter your space
- Listen to soothing music
- Spend time on a hobby
- Repeat an uplifting mantra

Connect

- Call or text a loved one
- Cuddle with a pet
- Do an act of kindness
- Schedule a friend date
- Spend time in the community
- Hug someone

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Remedies for the Soul