



30 DAYS OF GENTLE SELF-CARE

(SMALL THINGS. NO PRESSURE.)



Set one gentle intention for the month



Practice deep breathing or meditation for 10 minutes



Note 3 things you're grateful for today



Step outside for fresh air



Tidy one small space



Call or text a friend to catch up



Cook a healthy meal or try a new food



Practice yoga or gentle stretching



Repeat a kind thought about yourself today



Create a calmer bedtime routine



Write things down to clear your head



Set aside time for your favorite hobby



Spend time doing something you enjoy



Unplug from technology for an hour or longer



Create a playlist you love



Slow down during an everyday task



Take time for a simple, calming activity



Read or watch something that feels uplifting



Try a relaxation technique. (Maybe a massage 😊)



Take a power nap



Think about what you'd like more of this year



Do a small act of kindness



Treat yourself without guilt



Reflect on your accomplishments and growth



Connect with nature, visit a park, beach, or woods



Write a note to your past or future self



Protect your energy today



Create a gentle morning routine



Practice self-compassion



Reflect, not to judge, just to notice