



# self-care TOOLKIT

**A Self-Care Toolkit is a necessity for mental wellness. Here are some things you will need for your toolkit...journal, colorful pens, favorite quotes, book, stress ball, soft blanket, favorite essential oil, favorite music, & magazines.**

## **MIND**

Practice Gratitude  
Technology Break  
Affirmations/Quotes  
Listen to Audiobook or Podcast

## **BRAIN DUMP**

Say No  
Meditate  
To Do List  
Vision Journal

## **BODY**

Mindful Eating  
Sleep 7-8 Hours  
Walk Daily/Exercise  
Drink Water & Green Tea

## **BEAUTY**

Vitamins  
Skin Care  
Hair/Nails  
Deep Breaths

## **SOUL**

Bucket List  
What I Love About Myself  
Do Something Creative/Hobby  
Do What Makes You Happy

## **SPIRITUALITY**

Let Go of Ego  
Always Believe  
Show Kindness  
Be Still & Listen