



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