

Finding the Time for Self-Care



Tell a joke

Look at a photo of
someone you love

Give someone you know
a compliment

Take a few deep breaths Doodle
Have a cup of tea or a cold drink
Spend time with your pet

If you have 2 minutes

Look out the window

Have a daydream Do some stretches

Write in a journal Tidy your workspace

Read something for pleasure

If you have 10 minutes

Talk to someone about a problem
Take a brisk walk on your break

Draw a picture Dance it out

Watch a sunrise or sunset

Take some alone time in
a quiet spot

Surf the web for
inspiring quotes

Play a game

Read your favorite
poem or quote

Take a break outside for
some fresh air

Sing aloud Chat with a co-worker

Massage your head or hands
Check in with family or friends

If you have 5 minutes

Run in place or touch your toes

Have a healthy snack Listen to music

Get a massage Write out your goals

Eat lunch with a co-worker

If you have 30 minutes

Cook a meal from scratch
Write a positive email to someone

Explore a park Take a bubble bath

Listen to your favorite album

Practice yoga or mindfulness

Read an inspiring story

Discuss self-care
with a colleague

For more information, go to www.awcommunities.org