

Mindful April

Self Care Plan 2020

#MindfulApril			#IsolationSelfCare			
1 START A JOURNAL	2 LEARN SOMETHING NEW	3 DANCE	4 CALL SOMEONE YOU HAVEN'T HEARD IN A WHILE	5 TAKE A BUBBLE BATH/LONG SHOWER	6 DRINK WATER (min. 2l)	7 TRY NEW BREATHING TECHNIQUE
8 DIY FACE MASK	9 ORGANISE YOUR WARDROBE	10 DRESS UP/MAKE UP/HEELS ON	11 STRETCH	12 BODY SCAN MEDITATION	13 GO OFFLINE (min 1h)	14 COOK A NEW MEAL
15 PAINT A PICTURE	16 WRITE A LIST OF THINGS YOU'RE GRATEFUL FOR	17 PAMPER YOURSELF (mani/ pedi, skin, hair)	18 MASTURBATE, EXPLORE YOUR BODY	19 HUG FOR 20sec (your isolation buddy)	20 WRITE A POEM	21 DO YOGA IN PJ's (end with meditation)
22 CREATE A VISION BOARD	23 MASSAGE YOUR HANDS	24 PRACTICE MINDFULNESS	25 THROW A MOVIE PARTY ONLINE	26 FIND A NEW HOBBY	27 TRY A GUIDED MEDITATION	28 JOIN AN ONLINE COURSE OR WEBINAR
29 DO NOTHING, REST WELL, SLEEP PLENTY	30 MASSAGE YOUR FEET	Whatever you do, be kind and gentle to yourself. Love plenty, and reach out if you need a friend. We're all in this together. Namaste				