

# SELF-CARE IDEAS

<p>Listen to that one song. Repeat.</p> 	<p>Talk to a friend. Or pet. (Wait, those are synonyms.)</p> 	<p>Comfort food.</p> 	<p>Fold laundry. (Repetition + Productivity = calm.)</p> 
<p>Write. Or draw.</p> 	<p>Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring,...</p> 	<p>Make your bed. Fresh sheets!</p> 	<p>Drink cocoa by the fireplace.</p>  <p>Don't forget the marshmallows!</p>
<p>Look up funny memes.</p> 	<p>Compliment someone and watch their face light up.</p> <p>Nice hat!</p> 	<p>Take a shower. Better yet, soak in the tub with a magazine.</p> 	<p>Read a book. Bonus points if it has pictures.</p> 
<p>Make something without caring whether it's "good."</p> 	<p>Have a good cry, but keep it short. Use the expensive tissues.</p> 	<p>Buy yourself a smallish gift, just because.</p> 	<p>Forgive yourself for what you couldn't do today, and resolve to try again tomorrow.</p> 