

10 FREE AND EASY

Ways to Practice Self-Care

BROUGHT TO YOU BY THE

Brightside Bear

Spend time in nature! Go for a walk outside or sit on the grass, take in the natural beauty of the world.

Pamper yourself! Have a nice bath, paint your nails, or make a DIY facemask!

Make a gratitude list! FILL a piece of paper with gratitude! If you get stuck, just keep thinking!

Watch something you love! A TV show or an old favorite movie from childhood

Nourish yourself
Drink a full glass of water and feed your body some healthy food!

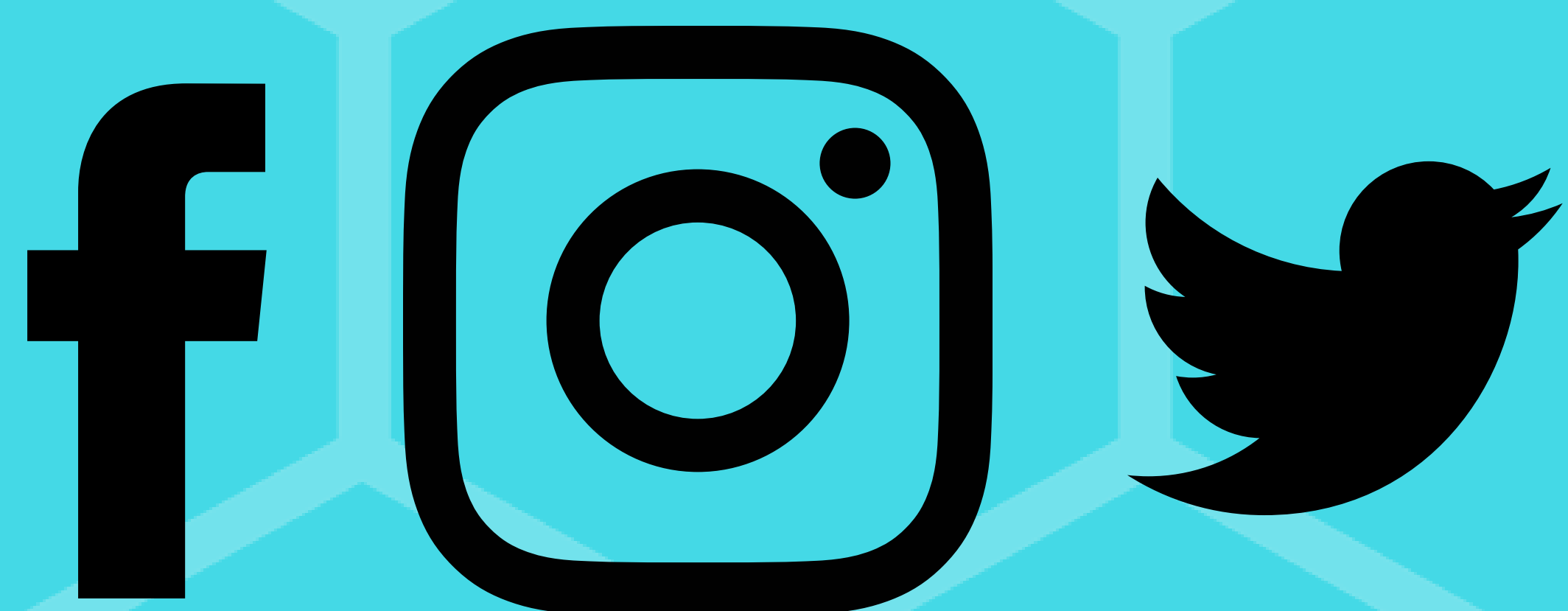
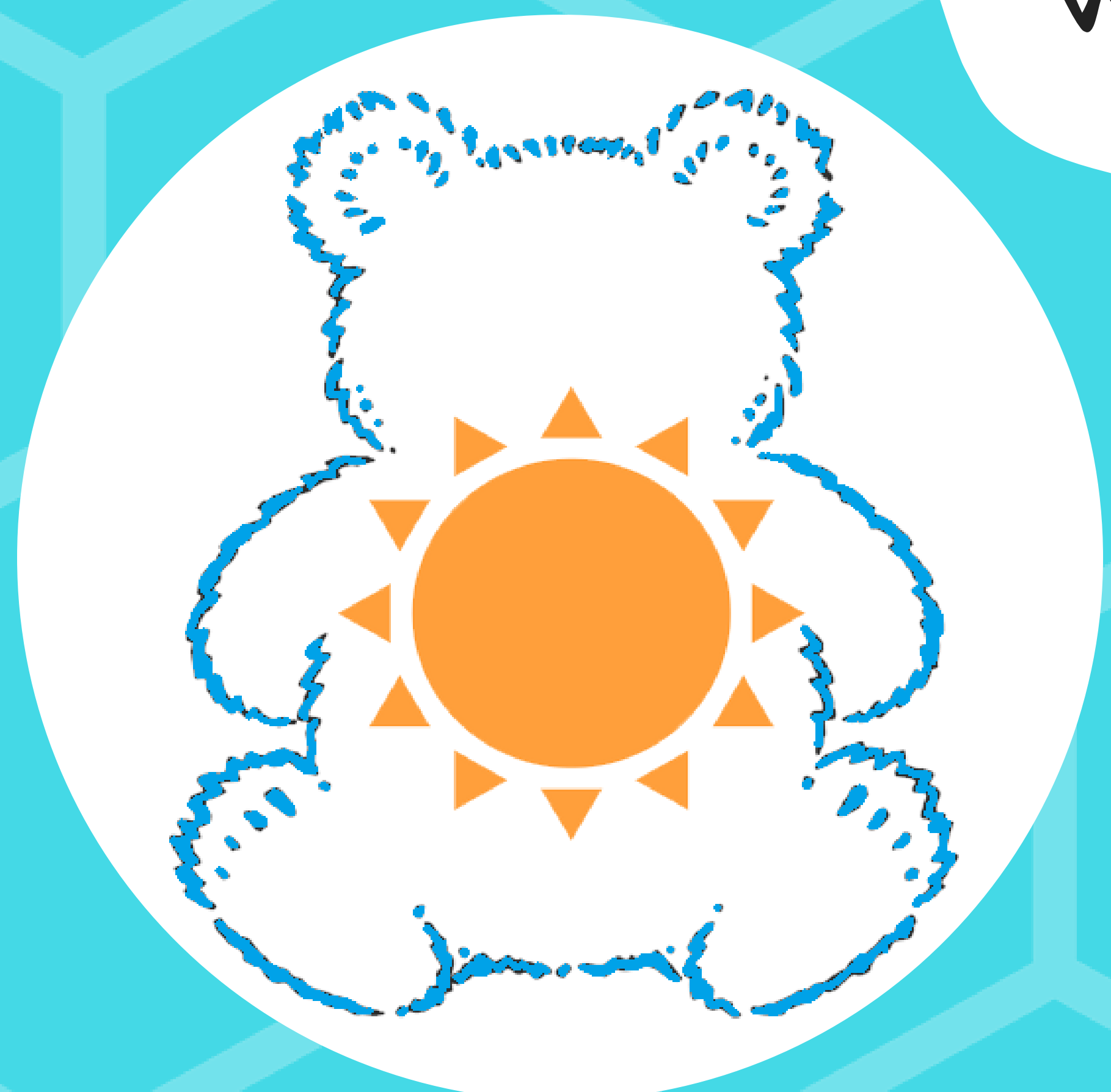
Meditate! Sit still, go for a walking meditation, or do a free guided meditation you can find online.

Be creative!
Sketch something out, color in a coloring book, or write a poem.

Move your body!
Some stretching or yoga to show your muscles some love

Journal!
Write it all out and vent to your paper!

Get inspired!
Watch a Ted Talk or documentary that sparks your interest and inspires!



MADE WITH LOVE JUST FOR YOU! BE SURE TO STAY CONNECTED TO @BRIGHTSIDE_BEAR AND SIGN UP FOR EMAILS TO BRING MORE POSITIVITY INTO YOUR LIFE!