

WEEKEND SELF CARE

MORNING: REFRESH

- Wake up without an alarm
 - Hydrate with lemon water
 - 10-minute gentle stretching
 - Read a physical book/magazine
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AFTERNOON: CONNECT

- Tech-free walk in nature
 - Visit a local farmer's market
 - Call a friend or loved one
 - Tend to indoor plants
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EVENING: UNWIND

- Warm Epsom salt bath
 - Light a scented soy candle
 - Gratitude journaling
 - Screen-free hour before bed
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SOUL: NOURISH

- Try a new healthy recipe
 - Meditate for 5 minutes
 - Listen to a calming playlist
 - Sketch or color freely
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Take what you need, leave what you don't.