

# self-care PRACTICE

What are you going to do for yourself this week to progress on your healing journey? You can choose an activity from the workbook or come up with one of your own. Try to pick something that you are 90% sure you will be successful in doing. For example, a goal of doing yoga every day for two hours may not be as realistic for you as deciding to try yoga once this week for twenty minutes. There is no wrong way to do this.

## SELF-CARE IDEAS

- Healing walking
- Yoga
- Reading
- Running
- Listening to music
- Meditating
- Writing in a journal
- Guided imagery
- Hiking
- Being in nature
- Breathing exercise
- Mindful eating
- Coloring
- Practicing assertive communication
- Progressive muscle relaxation
- Playing an instrument
- Muay Thai
- Art journaling
- Vision boarding
- Saying positive declarations

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