

SELF -CARE Menu

Self-care is essential for your well-being and should be incorporated into your day no matter how busy you are. Fill out your self-care menu with a variety of activities that you can choose from each day based on how much time you have available.

Appetizer

5 Minutes: For days when you don't have much time but still want to incorporate self-care

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Main Course

30-60 Minutes: For days when you have a large chunk of time for self-care

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Dessert

15 Minutes: For days when you can begin or end your day with self-love

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