

# TIME FOR PERSONAL WELLNESS

ways to enjoy yourself at home



## WRITE

- Look up Journaling Prompts
- Try Writing Poetry
- Create a Short Story
- Write a Love Letter to Yourself
- Write a Letter of Appreciation
- Write a Motivational Speech
- Document Your Perspective on Something You Care About

## Play

- Sing a Song to Release Stuck Feelings or to Welcome in Feelings that you Want
- Play a Board or Card Game
- Play an Old or New Video Game

## Listen

- Enjoy some Nostalgic Music
- Discover Some New Songs
- Tune into a Podcast
- Do a Guided Meditation (check out InsightTimer)

## LEARN

- Take an Online Course or Class
- Watch a Documentary
- Research a Topic of Interest
- Read a Book you Love



# ALLOW SOLO TIME TO BE A GIFT TO YOURSELF

## Connect



- Call or Video Chat Friends or Family
- Help Out Others in Ways You're Able to
- Cuddle with Pets
- Give Thanks, Offer Gratitude or Pray to Whatever Spiritual Forces You Believe in

## Create



- Paint, Draw, Make a Craft
- Try a New Recipe
- Build a Blanket Fort
- Start a Garden inside or outside
- Make a Vibe or Vision Board

## MOVE

- Do a Workout video
- Dance, Dance, Dance
- Stretch
- Do Yoga
- Go for a Run or a Walk



## ACCOMPLISH

- Clean, Declutter, Get Rid of Unused Stuff
- Heart Storm Ideas on What You Would Love to Do or Accomplish in the Upcoming Days
- Fix Anything that's Broken

PAUSE AND QUIETY ENJOY THE STILLNESS OF THE NOW

