

Emotional self care

The following are ways you can look after your emotional wellbeing. Add to the list things you like to do.

Try to do at least one of these each day:

- have time with a friend
- meditate
- go for a walk, play a game of sport, or do some other exercise
- have a bath
- read a book/magazine
- have one to one time with your partner
- go to a movie
- listen to your favourite music
- do something creative like writing, painting, playing an instrument
- write in a personal diary
- cook your favourite meal
- go out for dinner
- do some gardening.



My personal favourites:

1. _____

2. _____

3. _____