



winter prep

Routine Inspo

Self-care is essential for maintaining mental, emotional, and physical well-being. Here's a long list of self-care activities that you can schedule for your Self to inspire you to get booking and store those acorns for winter ;) Which ones PING for you- circle them and start storing! *With great respect and love, NK*

Mindful Activities: You know I am partial to these and you can get them all with ME

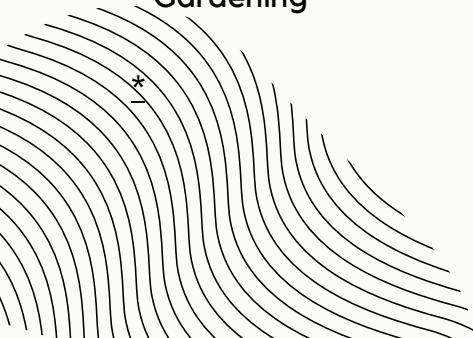
- Meditation sessions
- Deep breathing exercises
- Mindful walks
- Yoga classes
- Guided imagery sessions
- Therapy/ Mental health support sessions

Physical Well-being:

- Regular exercise routines
- Massage therapy sessions
- Spa days at home
- Healthy cooking or meal prep
- Adequate sleep and rest
- Regular health check-ups

Creative Outlets:

- Artistic pursuits (painting, drawing, sculpting)
- Writing in a journal or creative writing
- Learning a musical instrument
- Photography walks
- Crafting or DIY projects
- Gardening





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Social Connection:

- Coffee or lunch dates with friends
- Phone or video calls with loved ones
- Joining clubs or groups with shared interests
- Attending social events or gatherings
- Volunteering in the community
- Support groups or therapy sessions



Intellectual Stimulation:

- Reading a book or listening to audiobooks
- Taking a class or workshop
- Solving puzzles or brain games
- Engaging in philosophical discussions
- Learning a new language
- Educational documentaries or podcasts

Digital Detox:

- Unplugging from social media
- Setting boundaries for screen time
- Taking breaks from electronic devices
- Enjoying nature without digital distractions
- Practicing mindfulness in the absence of technology
- Designated "offline" days

Relaxation Techniques:

- Aromatherapy with essential oils
 - Warm baths or showers
 - Listening to calming music
 - Watching a favorite movie or TV show
 - Practicing gratitude journaling
 - Progressive relaxation exercises
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Outdoor Activities:

- Hiking in nature
- Picnics in the park
- Beach days
- Camping trips
- Outdoor sports (jogging, cycling, tennis)
- Connecting with nature through walks


Pampering and Self-Indulgence:

- Manicures or pedicures
- Facials or skincare routines
- Buying yourself flowers or a small gift
- Splurging on a favorite treat
- Taking a nap or having a lazy day
- Retail therapy within budget

Reflection and Goal Setting:

- Journaling about personal growth
- Setting realistic goals
- Reflecting on achievements
- Planning for the future
- Creating vision boards
- Revisiting and adjusting personal values

Laughter and Fun:

- Watching a comedy show or movie
 - Playing board games or video games
 - Going to a comedy club
 - Participating in group activities
 - Enjoying a hobby or passion
 - Finding humor in everyday life
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