



Self Care

Ideas:

- Go for a walk
- Take a bath or shower
- Listen to music
- Talk with a friend
- Take a break from the screens
- Schedule time to just breathe
- Start a new hobby
- Enjoy nature
- Journal
- Get a massage
- Take a nap (Ideal nap is 20 minutes!)
- Cook your favorite meal
- Buy yourself flowers
- Stop engaging with negative social media
- Go to the library and re-read your favorite book or a new book
- Light a candle
- Clean anything
- Put on jewelry
- Put on a face mask
- Skip the booze on the weekend
- Swap your coffee for tea
- Snuggle your pets
- Plan something in advance (a movie night, a vacation, the takeout you will order this week)
- Say no
- And more!

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid. - Albert Einstein

Sources:



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