

LIGHT A CANDLE AND
DANCE TO THE
MOVEMENT OF ITS
FLAME UNTIL IT GOES
OUT.

WHISPER GRATITUDE
TO YOUR PLANTS.
PAY ATTENTION TO
THEIR RESPONSE.

LET ANY OTHER THOUGHTS
GO.

FOCUS ON THE WARMNESS
GOING DOWN YOUR
THROAT.

MAKE SOME TEA.

MAKE A LIST OF WORDS
THAT DON'T SERVE YOU
ANYMORE.

LET THEM GO IN FIRE,
WATER OR WIND.

SELF-CARE
NOTES

