

Self-Care in 3 Easy Steps

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SMALL ACT OF SELF-CARE

- TAKE A YOGA CLASS
- HAVE COFFEE WITH A FRIEND
- JOURNAL
- GO FOR A WALK IN YOUR FAVORITE OUTSIDE LOCATION
- LISTEN TO A PODCAST

DO ONE SMALL ACT OF SELF-CARE ONCE PER WEEK.

MEDIUM ACT OF SELF-CARE

- GET A MASSAGE
- BUY TICKETS TO A SPECIAL EVENT
- TAKE A HALF-DAY FROM WORK TO DO SOMETHING JUST FOR YOU
- HAVE A MOVIE NIGHT

DO ONE MEDIUM ACT OF SELF-CARE ONCE PER MONTH.

LARGE ACT OF SELF-CARE

- TAKE A VACATION
- CONSIDER A CAREER CHANGE
- DO SOMETHING THAT YOU'VE ALWAYS WANTED TO DO
- HAVE A WEEKEND GETAWAY

DO ONE LARGE ACT OF SELF-CARE ONCE PER YEAR.