

30 Days of Self-Care

Complete these activities (in any order!) - each of them has been scientifically proven to help your mental health and wellbeing. Reflect after each one on how it made you feel.

Miss Tink's X

write down your goals

listen to music

meditate

pick or plant flowers

pay a compliment

dance to your favourite song

be grateful

be creative

hot bath or shower

write a letter

bake something

walk or enjoy nature

star gaze

read a book

learn something new

watch and learn about your favourite animal

help someone or something

start a journal

write 5 things you love about yourself

give someone a hug, an air hug or a virtual hug

try a new exercise

watch the sun rise or set

eat a healthy meal

take a virtual tour of somewhere new

cook a meal

speak to a friend

take a nap

be mindful

have a treat

support someone local

Follow my social media for more resources, videos and updates:

[Miss Tink's - Growing Minds](#) [Miss Tink's](#) [Miss Tink's X](#)
[misstinks_official](#) [Abby Lamb](#)