

8 Self-Care Lessons Learned from Fairy Tales ✨

You won't get things right 100% of the time.

You are stronger than you think.

Believe in yourself. Even when no one else does.

Your space is sacred. Clean or declutter it today.

Be a main character in your own story. Start a new chapter today.

Don't give up on your happily ever after.

Protect and enforce your boundaries. They are so important.

Give yourself what you need.

BlessingManifesting

SELF CARE IDEAS

5 MINUTES

- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Txt someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- put on a face mask
- go for a walk
- Make a smoothie
- stretch
- have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies