

# Taking moments to look after yourself can help with your Anxiety

## Self-Care Menu

Deep belly breathing .....	5 mins
Write three things you're grateful for .....	5 mins
Take a warm bath or shower .....	5 mins
Have some quiet time .....	10 mins
Tidy your space .....	10 mins
Get active - dance, run, walk .....	20 mins
Do something creative .....	30 mins
Stretch or do yoga .....	30 mins
Listen to music .....	30 mins
Put your phone down .....	60 mins
Take a nap .....	60 mins
Go outside for fresh air .....	60 mins

*Can you add Your ideas* .....

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